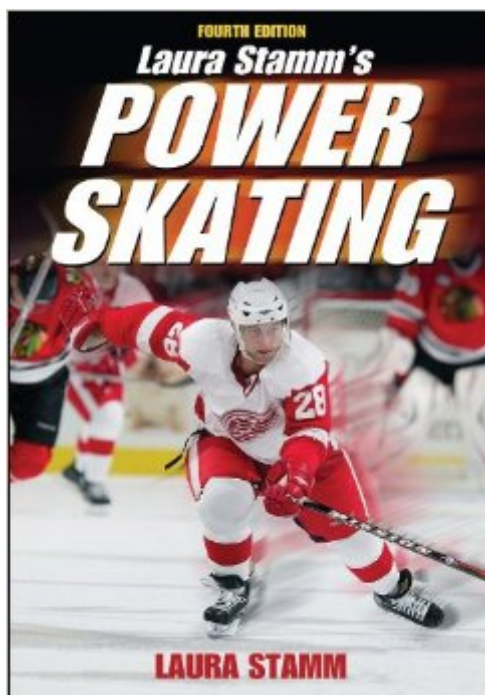


The book was found

Laura Stamm's Power Skating - 4th Edition



Synopsis

Develop explosive acceleration, speed, and agility and dominate the ice! Laura Stamm's Power Skating presents the skating system used by thousands of the sport's top players and teams to move with maximum efficiency on the ice. From starts and stops to turns and transitions, Laura Stamm's Power Skating covers all of the critical components of explosive skating. Through top-level instruction, practice drills, and coaching tips, you'll learn these skills:

- Increase on-ice acceleration.
- Improve balance while changing directions on the ice.
- Increase speed and agility to disrupt aggressive defensemen.
- Explode from a stationary position and stop more rapidly.
- Increase puck protection without sacrificing speed.
- Use speed and agility to create more scoring chances for yourself and teammates.

The great hockey players skate powerfully and are able to get in position to make the key plays. Laura Stamm's Power Skating will give you that explosive edge on the competition. v

Book Information

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Customer Reviews

Laura Stamm's Power Skating thoroughly describes power skating techniques with diagrams, photos and written descriptions. This book is beneficial to both new skaters and pros. Whether you are just learning to skate or want to perfect your technique you will benefit from the information in this book. An excellent reference tool for coaches at all levels.

Take the ideas and techniques and drills explained in this book a few at a time. Bring them with you to the ice again and again. Use the ideas. Learn the techniques. Practice the drills. Practice them

some more. Own the style. Watch your game and your confidence develop and transform powerfully. This book is a valuable, well-written guide for achieving superior levels of power, speed, and agility in "skating great hockey!"

Laura Stamm's power skating instruction is incredibly useful for all skill levels. This book is a gold mine of practical tools one can use to improve their own stride or to teach skating more effectively. I highly recommend Laura's work to anyone who wants to learn the fundamentals of skating or to fix bad skating habits they've had for 15 years. An excellent resource!

Laura Stamm's POWER SKATING tells how to develop speed and agility through a skating system used by thousands of top players expert in ice skating. From starts and stops to turns, this covers the basics of ice skating, from balance and acceleration to increasing speed and using agility to create better hockey scoring chances.

Although the copyright date is somewhat dated, I can assure you that the material covered is time tested and still being taught at my local power skating rink. Excellent material to accompany the DVD.

This a must have for any dedicated player or coach. The material will refine skills you may already have and help develop necessary skills to take you to the next level.

My Grandson went to the on ice power skating clinic. This will allow him to work on the fine points of skatingAt his own pace.

thanks.

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