

FIRM FOUNDATION VS CHALLENGE

There is something to be said about the benefits of challenging your player to perform at a slightly higher level than they currently are at. This pushes or trains them to think faster, react faster to changing situations and basically push the envelope. They think they found their limit but you can teach them to perform above that limit. Basically teach them with perseverance and determination they can push past their perceived limits and overcome obstacles in anything or everything they do.

ATHLETICISM VS SKILL.

However challenging the player by placing them outside their comfort zone is not always the best method to increase a player's performance. Placing them on a tread mill and speeding it up or towing them down the ice with a bungee cord will teach the players to move their feet faster and could lead to some increase in speed. But if you teach them how to skate more effectively and efficiently you can also increase their speed.

At Laura Stamm Power Skating we focus on teaching the proper skating techniques to increase the players efficiency and effectiveness. We do this by having the players (at all levels) practice well within their comfort level. Once we fix their technique we bring them back up to speed so they can feel the effectiveness of skating done correctly.

Laura tells us the steps to proper skating development are Phase 1 Skating correctly, then skating fast and correctly. Phase 2 is skating correctly with the puck. Phase 3 is skating with the puck under pressure situations. But how do you know when your player should be moving from Phase 1 to Phase 2?...

[more on this article at www.laurastamm.net]

**ONLY PERFECT
PRACTICE MAKES
PERFECT**

THE LAURA STAMM POWER SKATING SYSTEM

My program syllabus is structured much like a pyramid - it focuses on establishing a strong foundation, with ever increasing subtleties as one nears the top. Laura Stamm Power Skating remains the model against which other power skating programs are measured.

Four books, two videos, several thousands of amateur and pro students, and 40 years later, I'm still at it - still learning, still experimenting, still believing that the most important aspect of a hockey player's training is to develop correct skating techniques. It's hard for me to understand that I jump-started the careers of hundreds, maybe thousands, of pro players; spawned the development of an entire industry, and was the model for and often the teacher of an entire generation of power skating instructors who followed in my footsteps.

- Laura Stamm



**TAKE YOUR
GAME TO THE
NEXT LEVEL!**