



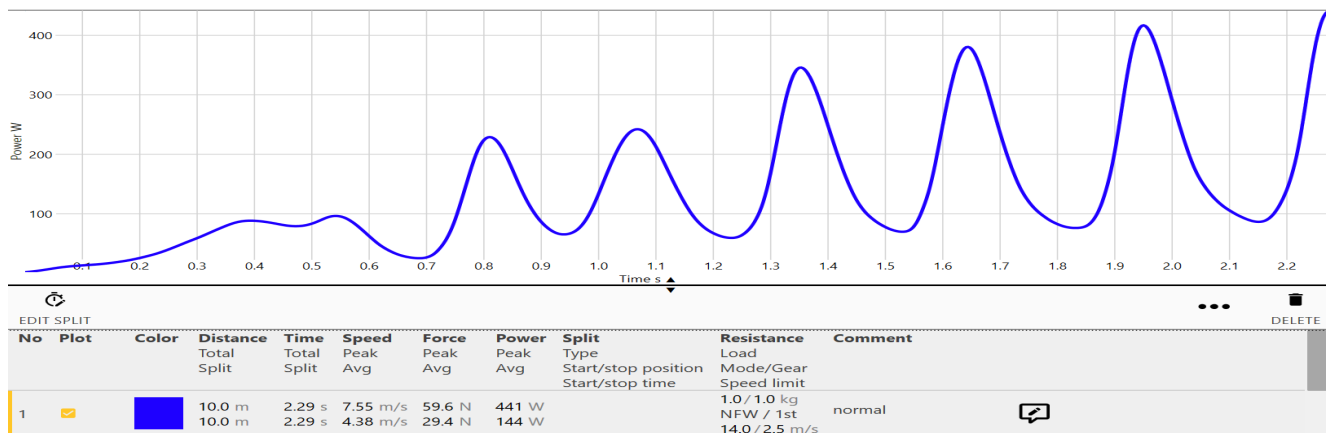
## Skating Technique Matters

### Series: Part 1 - Wide Based Skater vs Full Recovery Skater

“Does your skating technique really matter?” This is a question we often get from players and parents. While the general goal is to get down the ice, your technique is crucial if you want to do it the fastest and most efficient way. Just like technique for a swimmer or golfer will help them swim faster or hit the ball further, technique for a skater matters to be faster.

Using a 1080 sprint machine we are able to record all the metrics needed to evaluate a player's skating technique. We tested to determine if skating with a wide base was faster than a full recovery of the pushing leg under the center of gravity. These were both 10 meter (approximately 30 feet or 1/3 the width of the rink) tests performed by the same skater who skated as hard as he could in each test case. The below charts shows the results that were produced by the 1080 sprint machine.

**Chart 1**



**Chart 2**

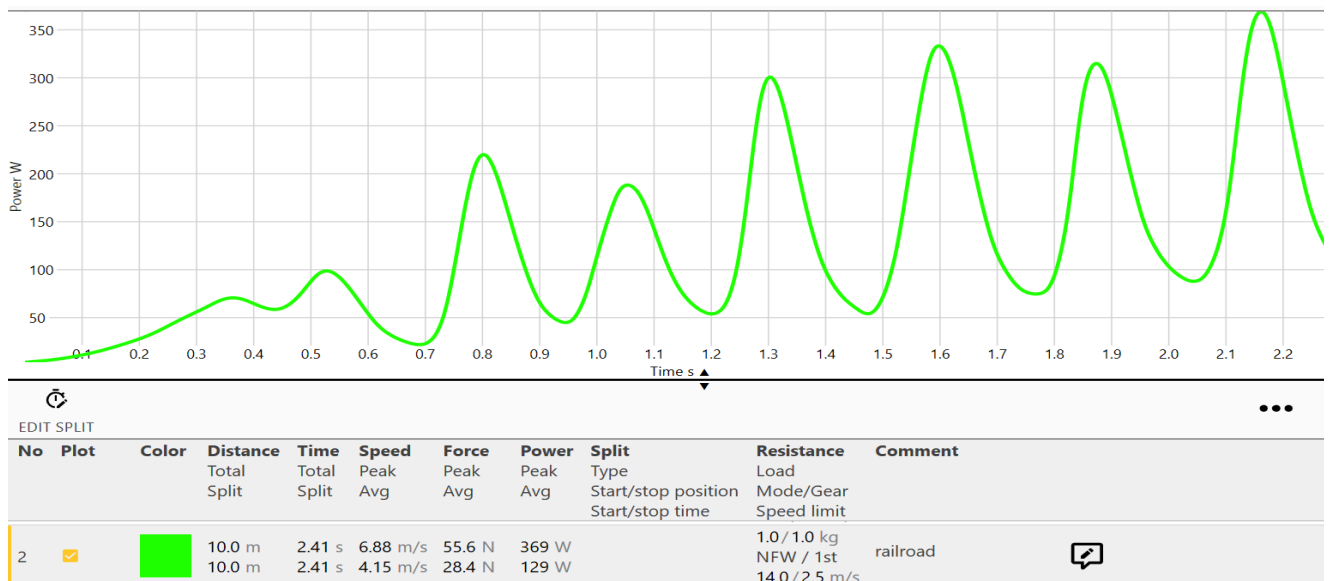


Chart 1 (blue line) represents a full recovery of the pushing leg under the body. Chart 2 (green line) represents only a partial recovery of the pushing leg, often referred to as a wide based skater or a railroad skater. In review of the data, the test with a full recovery covered 10 meters in 2.29 seconds with a max power output of 441 watts and an average power of 144 watts. The test performed with only a partial recovery covered 10 meters in 2.41 seconds with a max power of 369 watts and an average power of 129 watts. This demonstrates a full recovery not only allowed the skater to cover 10 meters 0.12 seconds faster, they also produced a higher max power and average power.

Returning the pushing leg fully under the body allows the skater to correctly load all of their weight on the next pushing leg to create a longer and more powerful stride. When the stride is longer and produces more power, it allows the skater to cover the same distance in a faster time. While this may seem like a small time difference, in only 10 meters that is a drastic time improvement. It will allow a player to win more races, have more time to make a decision and overall be a better hockey player.

Efficiency is a measure of accomplishing something with the least amount of time and effort. The graphs also demonstrate the efficiency of a player's skating. Each peak represents a stride, either the right leg or left leg. In chart 2 (Green Line), the wide-based skating test, the 6th stride is completed just before the 2.2 second mark. In chart 1 (Blue Line) the full recovery test, the 6th stride is not completed until after the 2.2 second mark. While a wide based skater is able to move their feet slightly faster, it does not achieve a faster time. This demonstrates a lack of efficiency in a wide based skating style.

[Click Here to watch the video](#)

### **Can a player fix their stride?**

At Pro Stride Elite Skating, we believe any player can fix mistakes they make in their skating if they recognize and learn how to train their body to skate correctly. This is not always an easy process and it does not happen instantly. It takes correct practice and repetition to create new muscle memory that will make a player consistently faster and more efficient. How long will it take to create new muscle memory for the corrected technique so it becomes automatic? Every player is different. However, we know the more training of the correct technique a player has the faster the skill will become a habit. It is definitely a marathon, not a sprint, to become a great skater and it takes consistent and constant practice. Once a player has mastered the correct technique they will still have to continually go back and reinforce those mechanics as regression happens because skating is not a natural motion. The good news, the correct technique comes back quickly when refreshing your skating technique after it has been learned.

At a Pro Stride clinic we will teach players the techniques to be a fast, explosive and efficient skater. We break down every push to its basic parts and make players learn them slowly so they get it down correctly. Once they have learned how to do it correctly, we will speed them back up and then add it to a game situation so players understand how they use these techniques in a game.

We look forward to working with you at a Pro Stride clinic near you. To see our upcoming schedule [click here](#).