

POWER SKATING			
SKILL	OBJECTIVE	FOCUS	TEACHING TIPS
Powerful backward C-cuts	Students will perform powerful backward C-cuts across the ice, alternating feet.	BALANCE, KNEE BEND, EDGES AND POWER	Performing backward alternating C-cuts, students will generate power by utilizing inside edges during the C-cut push. Focus on deep knee bend, pushing action with skating foot during C-cut, maintaining balance over the glide foot and weight transfer between pushes.
Forward alternating crossovers down the length of the ice with wide step transitions (3 to left and 3 to right)	Similar to forward perimeter stroking. Three quick crossovers then with an inside edge wide step transition to crossovers the other way.	QUICK FEET, BALANCE, CONTROL	Explain the inside edge wide step transition between sets of forward crossovers, direction of travel on crossovers and body position while performing three quick forward crossovers to an inside edge wide forward stride.
Backward alternating crossovers down the length of the ice with wide step transitions (3 to left and 3 to right)	Similar to forward alternating crossovers. Three quick crossovers then with an inside edge wide step transition to crossovers the other way.	QUICK FEET, BALANCE, CONTROL	Explain the inside edge wide step transition between sets of backward crossovers, direction of travel on crossovers and body position while performing three quick forward crossovers to an inside edge wide forward stride.
Forward power hockey turns/tight turns, 180- and 360-degree turn	Students will perform a 180- and 360-degree turn using the heel to push them around in a circle.	BODY LEAN, BALANCE,	Focus on knee bend and keeping skates shoulder-width apart. Head and shoulders initiate the turn by leaning toward cone. Lead with inside skate during turn.
Lateral pivots: Forward to backward and backward to forward	Students will perform lateral pivots, turning from forward to backward or backward to forward.	BODY LEAN, EDGES, BALANCE AND CONTROL	Explain to skaters the quick action of hips during the pivot in direction of travel change. Focus on upper body control and use of edges in and out of turn. Mention where power can be generated from exit.
Fast stops and starts using powerful, full strides and quick hockey stops (right and left foot)	Placing skates in a "V" position, skater will roll pressure to the ball of the foot to accelerate quickly into a full stride.	ACCELERATION, STRIDE DEVELOPMENT	Draw lines for the skaters to step in and out. Remind them to push their weight onto the ball of the foot. Three to four runs to be performed prior to reaching a full stride.
Fast backward skating with quick backward V-stops (two- and one-foot stops, alternating feet)	Students will perform fast backward skating and stop quickly in backward V-stop, pressing on inside edges. Students will perform this using two- and one-foot stops.	ACCELERATION, BALANCE, EDGES AND CONTROL	Explain weight distribution on blade and pressure on inside edge during stop. Discuss body position on one-foot stop and foot placement. Focus on knee bend and review where power comes from during sequence.