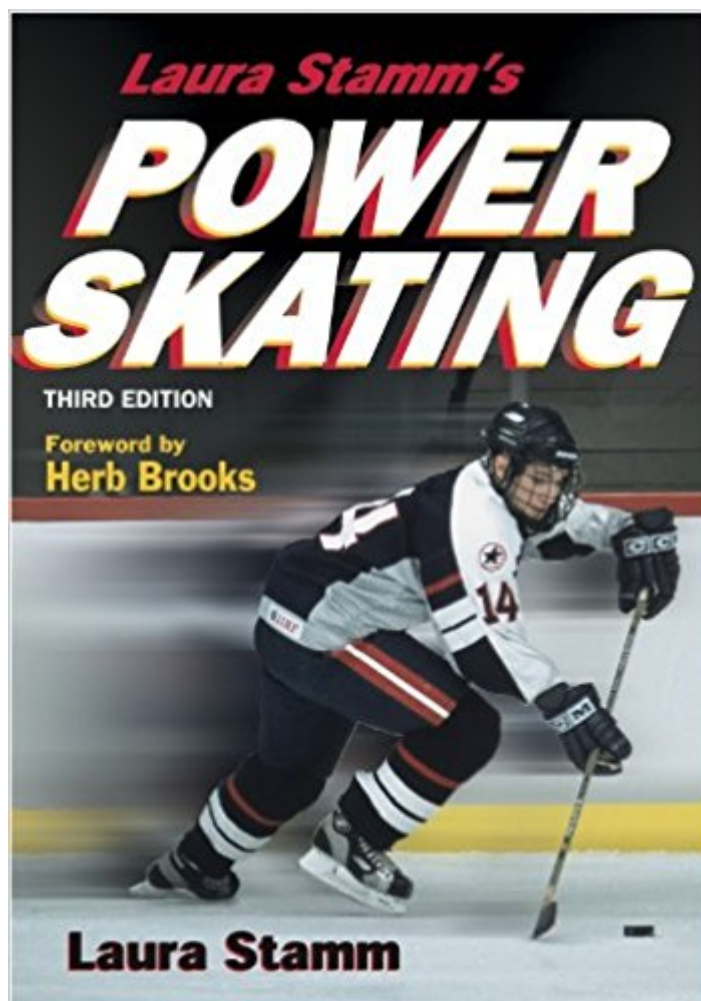


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# Laura Stamm's Power Skating 3rd Edition



## Synopsis

Hockey is played faster every year. Players are bigger, stronger, faster, and more skilled than ever. Those who can't maintain the pace have little chance of making it at the higher levels. Laura Stamm's Power Skating, Third Edition will help you develop explosive speed with Stamm's proven techniques that have helped thousands of skaters at all levels of the game become great skaters. It also provides you with practice drills that will help you hone and transfer that speed to game situations. Laura Stamm has taught the Los Angeles Kings, the New York Rangers, the New York Islanders, the New Jersey Devils, and other teams around the world have employed her Power Skating System as well. Thousands of amateur and pro players—including many NHL stars—learned directly from Stamm how to increase their speed, ability, and efficiency on the ice. In this updated edition of her popular power skating book, Stamm introduces additional coverage of the topics most important to today's hockey coaches and players. She explains everything from how to select proper skates and equipment for superior skating to all the critical components of explosive skating: - Balance for stability and speed - Explosiveness through greater force application - Starts for a step advantage on the opposition - Forward stride for a more aggressive attack - Backward stride for mobility on defense - Crossovers for split-second change of direction - Stops for being able to halt on a dime - Turns and transitions for multi-directional moves - Agility for maximum coverage of the ice - Training for faster and more powerful skating. Nearly 300 drawings and photographs illustrate skating skills from the basic to the complex. And for each maneuver you'll also find a detailed explanation of how to perform the skill, plus proven drills and exercises to help you practice that maneuver. The exercises progress from the simplest to the most difficult and include special pointers for coaches. Every great hockey player skates powerfully and is able to get in position to make the key play. Laura Stamm's Power Skating will give you that explosive edge on the competition.

## Book Information

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## Customer Reviews

"As a former student of Laura Stamm's, I can personally attest to the tremendous advantages of Laura's Power Skating technique." -- Rob Niedermayer, Florida Panthers  
"Laura never changed my style. She helped me improve it; giving me a boost to make it in the NHL." -- Luc Robitaille, Detroit Red Wings  
"Laura's instruction was extremely beneficial. She emphasizes body positioning and technique that ultimately leads to more productive skating." -- Brendan Morrison, Vancouver Canucks

"As a former student of Laura Stamm's, I can personally attest to the tremendous benefits and advantages of the technique in Laura Stamm's Power Skating. It helped my skating significantly and was a factor in the improvement of my overall game. It's universally beneficial for any skater at any level." Rob Niedermayer Florida Panthers  
"The instruction I received from Laura was extremely beneficial. She emphasizes body positioning and technique that ultimately leads to more productive skating." Brendan Morrison Vancouver Canucks  
"Laura Stamm never changed my style, but she helped me to improve it, and that gave me a big boost to make it in the NHL." Luc Robitaille Los Angeles Kings "

I have been using this book and the companion DVD for about 18 months. I bought them together after I made the decision to start playing rec league ice hockey at the tender age of 48! What you get out of them is going to depend a lot on what type of learner you are and your motivation. The DVD will appeal to those inclined to the visual, copycat approach. If you prefer to work through the process analytically with descriptive detail, then the book is better than the DVD. I've found them to be excellent complementary learning tools. There are many paths to success. I have also attended power skating classes and adult hockey camp. A private lesson with a figure skating instructor identified and corrected a posture problem in my backward crossovers. That could have taken months to work out on my own. The bottom line is that ice skating is an extremely difficult, non-intuitive activity. To get good at it, you simply have to make the commitment of time, energy, and yes money that's required to get out there and practice, practice, practice. This book and other

resources can help, but there are no shortcuts or substitutes for lots of hard work on the ice. If you are willing to do this, you will be richly rewarded with superb skating skills that will make a huge difference in games. I am already playing at the intermediate rec league level and enjoying it a bunch.

All the books repeat the same information... The pictures are from the 80's.

Useful for reviewing skating technique.

This is a serious book because it has detailed explanations on how to skate in all possible situations. Plus it has great accompanying pictures.

I was searching for a book or video that would teach me all I needed to know about skating so I could get into inline hockey. This book delivered beyond my expectations! Not only has it allowed me to get all of the basics quickly, it taught me the all important lesson of what to focus on when I'm practicing these skills. I will be using this book for many years to help me continually refine my technique. Although there are some differences between ice and inline skating, all of the techniques covered in this book relate directly. This book is priceless!!!!

At the time of this review, I am 31 years old and preparing for my first season of adult hockey. I had almost zero skating experience (aside from maybe three public skating sessions when I was 12 or so years old) when I decided I wanted to play hockey. Before I started taking skating seriously, I would just go out and mess around on the ice for a half hour at a time. All that did was breed bad habits and frustration. Then, I purchased this book: I can't stress to you just how much the descriptions in this book helped form good skating habits while avoiding/undoing the bad ones. Remember, I am a self-taught skater and by no means perfect, but this book solidified the fundamentals and spelled out the execution necessary to maximize my power. In just three months of practice patterned after the exercises in this book, I feel like a totally different individual than the unbalanced, directionless clown I was when I started out. Consider this book a must-read if you're looking to get into hockey.

Laura Stamm's Power Skating was recommended to me by my team and personal skating coach. It covers basics ... in detail! Speed, balance, explosiveness, responsiveness - all depend on the

basics underlying your forward and backward stride, including weight distribution, leg extension, edge position, angle, and control, hip position and movement, control of shoulder and torso position, and more. This book covers the basics you would have drilled into you at any good hockey school or clinic. So if you're wondering why you slip edges, are a fast runner but slow skater, can't quite stop yourself from spinning out of position at times, lose your balance, feel like your upper and lower body aren't working together on the ice, etc. - buy this book and start drilling! One piece of advice on skates, though. If you've never been fitted by a competent hockey pro shop or at a clinic, go and get it done. Hockey skates aren't shoes or boots and shouldn't fit like them. Wear the wrong skate and you will not only waste your time and money trying to learn to skate properly, you will develop habits you will have to rid yourself of later. Trust me - you are NOT going to be fitted properly at the local sporting goods or department store. Get fitted properly and buy the best skates you can afford. Fitting also addresses more than the skate boot fit. You need someone knowledgeable to help with things like blade type, rocker, and other fitting issues too. The book and techniques are excellent and the price is cheap. Laura Stamm has been used and endorsed by many pros. You can't go wrong!

When I first started playing competitive hockey 10 years ago, I didn't know how to skate. I bought this book and learned the physics of skating. After 6 weeks of training on inline skates and at the ice rink my skating was good. During the last game of hockey that year, I remember I chased the other team's best player from his end of the rink to mine and knocked the puck off his stick. I skated to the bench for a line change and one of the guys who hadn't seen me since I started the training said, "Holy! How come you are so fast?". I recommend this to all the guys I play with. I bought the video a few years later, but I think if I had choice of the two, I'd take the book because the book is well written enough that I can visualize what to do.

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