

Skills Plus Hockey

Get an edge on your skills



Training your individual skills and tactics – the best way to become a leader on the ice!

Hockey Training Skills Tip #4

INDIVIDUAL TECHNICAL SKILLS Executing a forward-skating glide turn (tight turn to change direction)

There is a lot to think about and practice to improve your forward-skating glide turn to change direction quickly and efficiently. The objective is to carry as much speed as possible throughout the turn while applying minimal resistance to the edges. Players should practice and understand the following fundamentals:

- Position your body correctly: both skates remain on the ice throughout turn, inside leg is flexed nearly 90°, outside leg is nearly straight in a wide stance, upper body is flexed with inside hip upwards to level off shoulders (lift inside shoulder, you will feel like you are leaning towards your outside leg), and two hands on the stick
- The upper body hip flexion is vital to allow your body weight to be centered over the inside skate. The inside leg supports most of the body weight through the turn and your body weight is centered on the middle part of the blade (not the heel).

A simple drill to practice the above individual technical skill with a friend:

Tight turns with a partner (with and without a puck)

Partner up with another player and stand together in an open area of the ice without a puck (X1 and X2).

X2 – remain stationary.

X1 – skate away from X2 and execute the above forward-skating glide turn at five metres from X2

- skate towards X2 and execute the forward-skating glide turn around behind X2
- repeat step one a second time and then switch roles with X2

X2 – take your turn performing the same movement

After you have repeated the drill without the puck a number of times, add a puck and repeat the same drill carrying the puck. As you become more comfortable with executing the glide turns with the puck, you can then add one-touch passing.

Repeat the drill over and over – remember with lots of practice, you will be able to effectively execute this move under pressure in game situations!

To view a video clip illustrating the key fundamentals executed in a glide turn visit the Skills Plus Hockey website at www.skillsplushockey.com.



Eric Calder - President

BA & Diploma in Business Administration (WLU)

Eric played professional hockey for 14 years. Among his career highlights is winning the Memorial Cup Championship, playing with the Washington Capitals in the NHL and being the MVP for the Canadian National Junior Team at the World Junior Championships. He is an NCCP High Performance II Certified Coach with over 15 years of professional coaching experience, lectures in the Theory of Coaching at Wilfrid Laurier University and is one of the most sought after instructors in Waterloo Region!

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