



# DEVELOPMENT LEADERSHIP

## TACTICAL SKATING

# Get to Know



- **Director of On Ice Programming** at the RINK Training Centre in Winnipeg, MB
- **Winnipeg Ice (WHL)** – Skating and Skills Coach
- **What got me here?**

**RINK**



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# Our Facility



**RINK**



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# Skill Acquisition



- **How do we break down skills?**
  - Skill Progressions / Continuums
  - Basic to advanced
  - Individual Focus
  - Use of video
    - *See it / Feel it Connection*
  - Tactical Focus

# Tactical Skating



- ✓ **Cross Over Starts in Motion**
- ✓ **Speed out of Turns**
- ✓ **Jam/Jab Turns**

# Accelerations



- What does it mean to you?
- “Increase in the rate or speed of something.”

# Tactical Skating



- **Foundation of Quickness**
  - Blade Engagement
  - Knee Drive
  - Upper Body Rotation

# Blade Engagement



- Flexion not focused at waist (*Knees Over Toes*)
- Weight shifts to 1 on Blades
- Accelerator step
- Heels draw Up





# Blade Engagement



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# Knee Drive



- ✓ Knees Drive forward
- ✓ Focus on controlling hips
- ✓ Create Momentum

# Cross Over start in Motion



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# Cross Over start in Motion



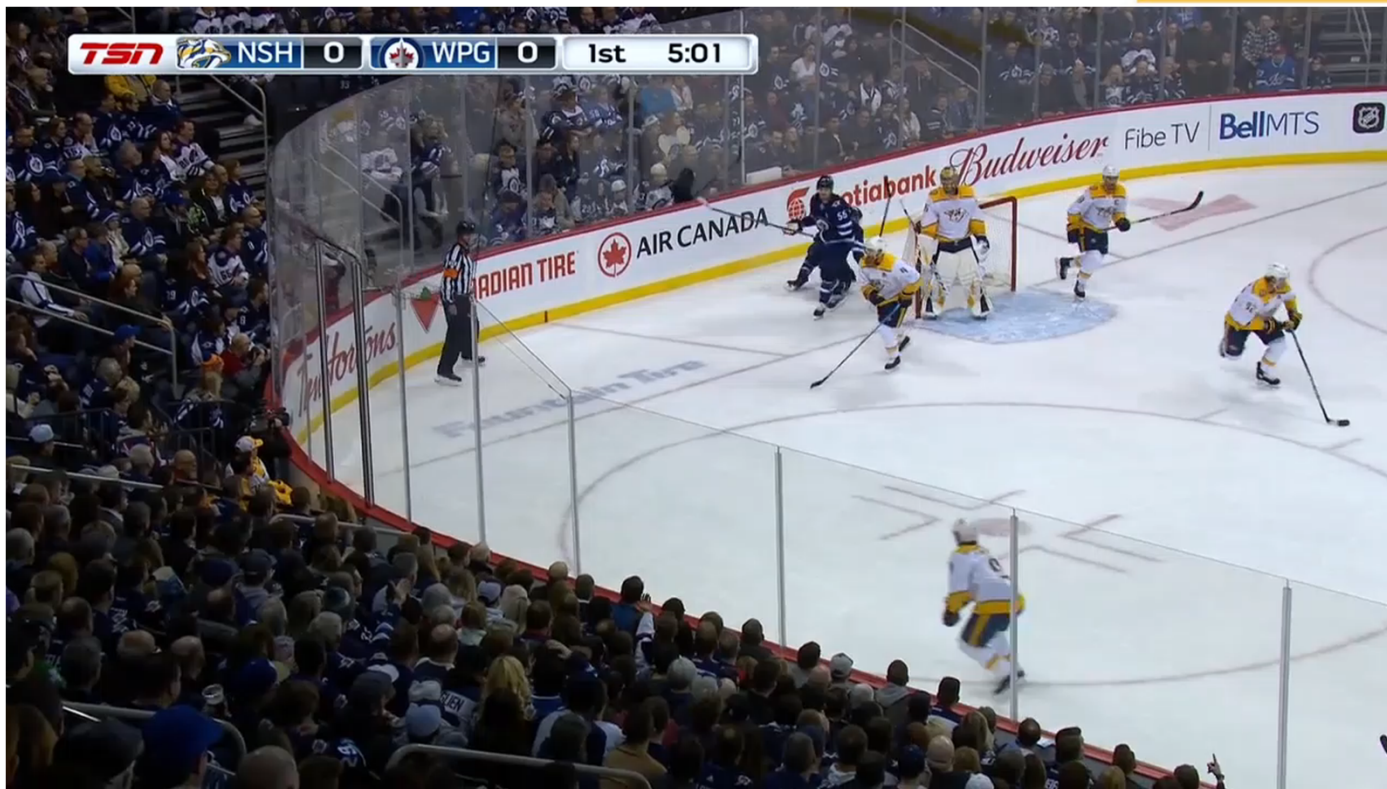
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# Cross Over start in Motion



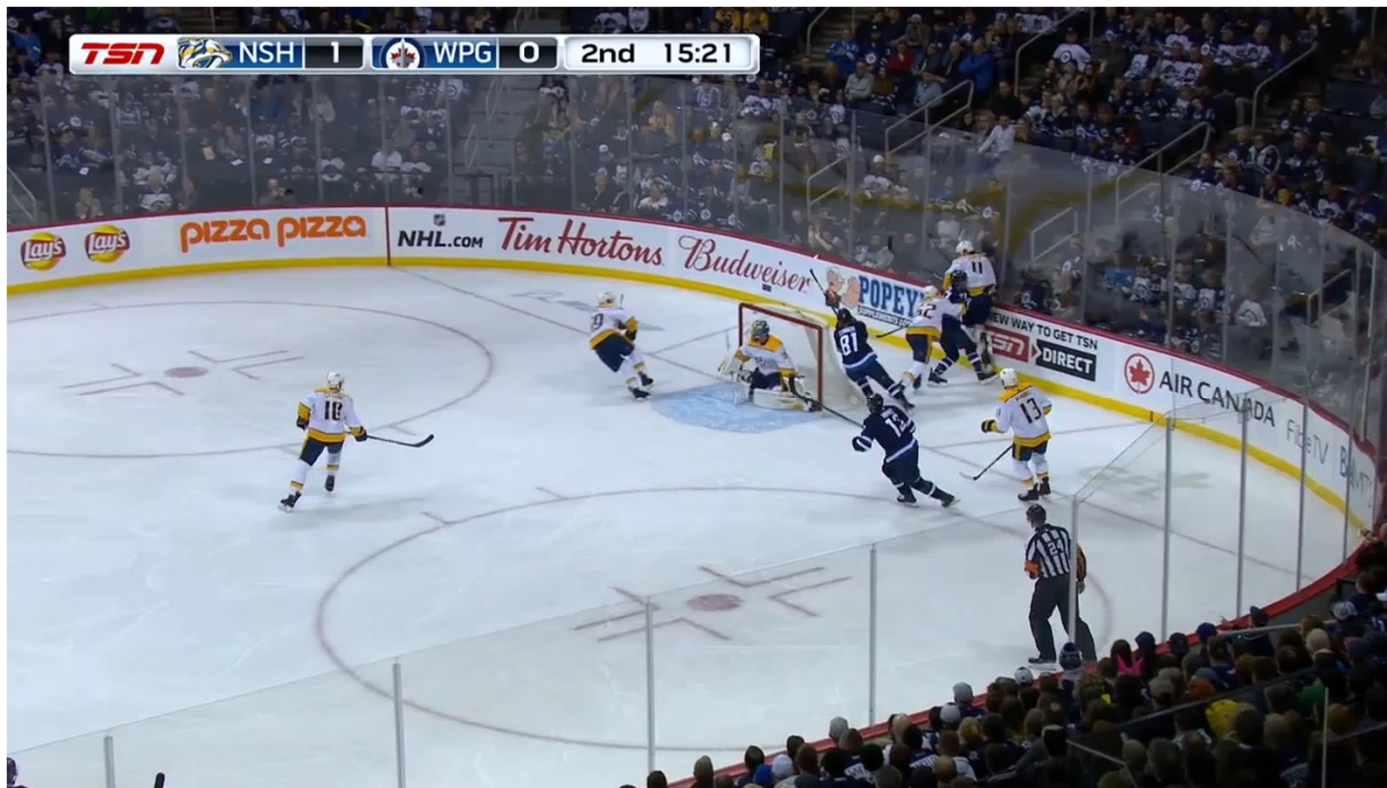
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# Cross Over start in Motion



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# Cross Over start in Motion



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# Cross Over start in Motion



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# Speed Out of Turns



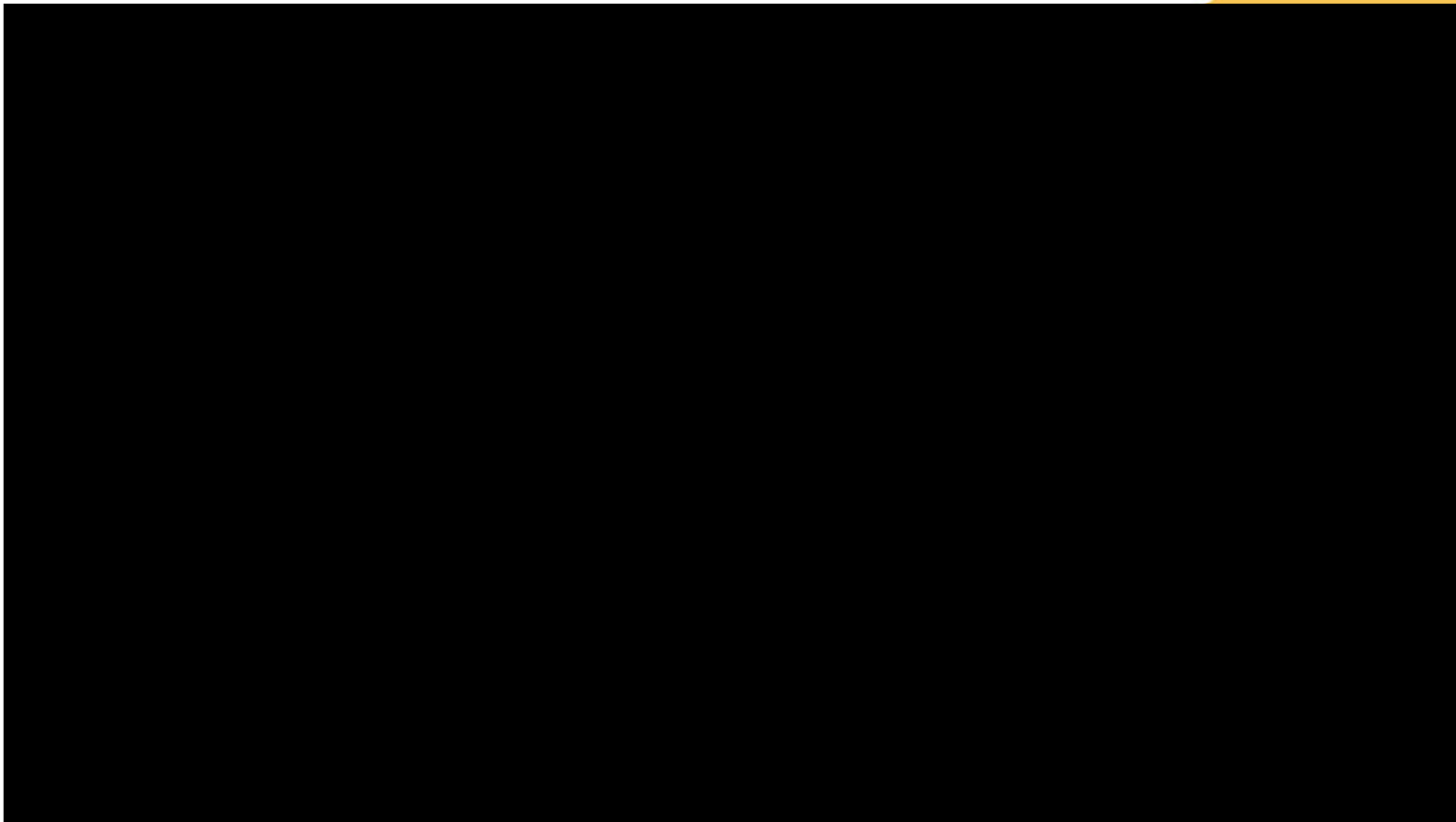
- ✓ Upper body rotation
- ✓ Pushes through heel to accelerator step
- ✓ Knee Drive

# Speed Out of Turns



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# Speed Out of Turns



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# Jam/Jab Turns



- ✓ Upper Body Rotation
- ✓ Finding the Flats
- ✓ Push through the heel on Outside foot
- ✓ Knee Drive/Blade Engagement
- ✓ Puck moves first / Puck Spot

# Jam/Jab Turns



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# Jam/Jab Turns



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# Jam/Jab Turns



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# Jam/Jab Turns



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# Jam/Jab Turns



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# Jam/Jab Turns



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# Tactical Skating



- **Be prepared with a variety of variations**
- **Focus on External cues**
  - ✓ Knee Drives to Boards
  - ✓ Lines
  - ✓ Steps over sticks
  - ✓ Visual: Marking the ice
- **Every player provides different variation**
  - McDavid = Dominant Velocity based qualities
  - Eichel = Dominant Force Based qualities