

WHY focus on POWER SKATING? and how it differs from minor hockey.

The best way to go fast is to first go slow....

Have you ever watched an on ice session where the players are told to skate hard, skate faster, harder faster go go go and so on....Parents often ask the coaches to "skate them hard", "make them work", "get them tired".

It's not about filling a 60 minute on ice session with random **end result drills** with kids flying thru those drills out of control, getting tired and simply layering bad habits and poor technique - layer upon layer.

The RPM power skating program is a technique based program. The purpose is to teach players how to perform the skating skills correctly! **The goal to become not just fast, but powerful, stable, explosive and efficient.**

In simplest terms our method is to have players understand how the body must move to execute the desired physical response. Our instruction allows players to understand:

what they need to do how they need to do it why they need to do it a certain way.

Players need to slow the process and technique down to fully understand and appreciate what is being asked of them. RPM breaks down each of the skating skills into smaller parts working towards the proper execution of each technical skating skill. Once the skills are achieved we will look to further refine the skill by adding pucks, reduced space, more challenging drills and implementing tactical/game play.

There are 2 types of on ice drills:

1) Process Oriented Drills (POD) the detail, progressions and a breakdown of how to perform skating skills bio-mechanically)

2) End Result Drills - these drills serve little purpose other than having the players perform a skating skill there are no progressions, no skill breakdown and no detail.

Minor hockey practises are full of end result drills.

A quick case in point example frontward crossovers - the end result drill would be to have players skate all 5 circles believing they are learning crossovers when in fact they are simply showing how they skate crossovers. To actually teach crossovers you need to isolate inside and outside edges and pay careful attention to body posture and stick placement. Unfortunately end result drills miss the breakdown, detail and progressions.

RPM instructional staff are qualified CanPower Skate Instructors - We instruct to the national standards and implement Canada's National Power Skating Program. RPM staff take the time to break the teaching technique down into progressions and specific skill components.

Our Program:

- **Execute a skating skill correctly.**
- **Then correctly & powerfully.**
- **Then correctly, powerfully & quickly.**
- **Then correctly, powerfully & quickly with the puck.**
- **Finally, correctly, powerfully, quickly with the puck in tactical/game situations.**
- **Learn, apply, refine, re-work, repeat...success is in the details.**

At the end of the day what is it you are paying for? Fast paced drills which are all flash and no substance performed incorrectly without a proper understanding of how to do the skills properly?

Or technical instruction that is taught correctly and will allow your player to establish a strong skating base to further develop all other hockey skills?

Most people would agree that Skating is the single most important skill a player must develop. In fact all other hockey skills are built upon strong skating skills.. It doesn't matter if you are a beginner, recreation, rep level or professional player. Your devotion to improving your skating is a lifelong commitment.

That is why RPM has been the choice of players, parents and minor hockey for over 42 years!

Craig Millin is a nationally certified Power Skating Instructor.