



COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

FORWARD V-START

Description:

Begin from a ready position with the feet close together under the body (1)

Knees and ankles are bent with head and shoulders up

Player starts by turning and pointing toes out wide (2)

Player leans and steps forward with one skate, then pushes off explosively with the flat to toe portion of that skate blade (3)

This initiates a forward running motion for the player

The player begins with a short explosive step, leaning into the direction of travel (4)

As momentum is increased, the steps elongate (5)

After a short distance, enough momentum has been gained to begin full skating strides (6)

Keys: knee bend, toe and blade position, short explosive steps to gain speed



Material from USA Hockey's Skills & Drills DVD-ROM

To order video on this and 400 other skills go, to www.usahockeyskillsanddrills.com