



COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

HOCKEY STOP

Description:

Hockey Stop – Inside & outside edges

Begin from a forward skating stride (1)

Plant feet and glide in a ready position

Keep your head and chest up

With knee and ankles bent, initiate the stop by brining the inside shoulder back, and leaning back opposite to the direction of travel (2)

Turn hips

Reduce weight on the front skate while turning the foot 90° to direction of travel

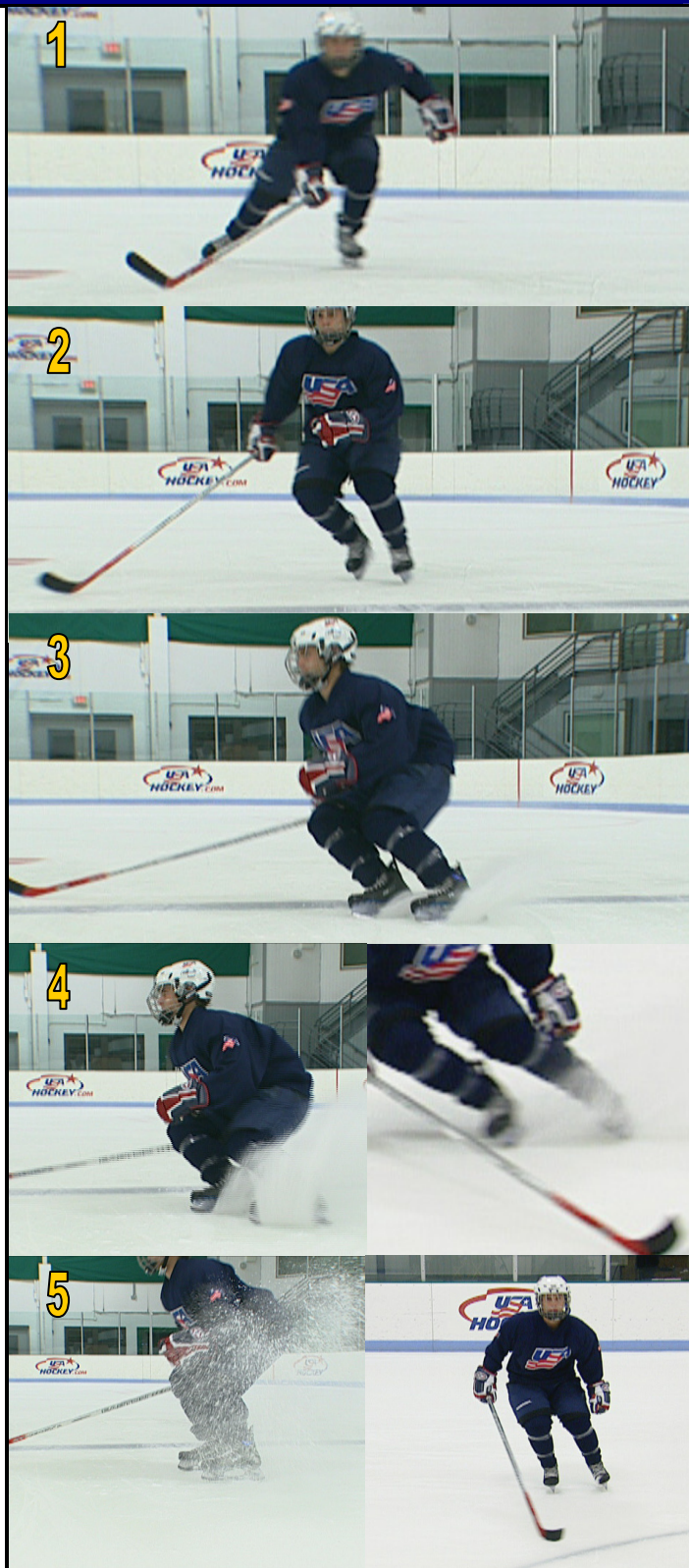
Once the front foot has turned, reapply weight to the skates inside edge

At the same time, reduce weight on back leg, turn back the skate 90°, with the feet close together, apply pressure to back skate's outside edge (3)

The player completes stop on inside edge of front skate and outside edge of rear skate (4)

Knee bend is crucial to absorbing the forward energy and applying pressure to stop

Return to a ready position as the stop is completed (5)



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

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