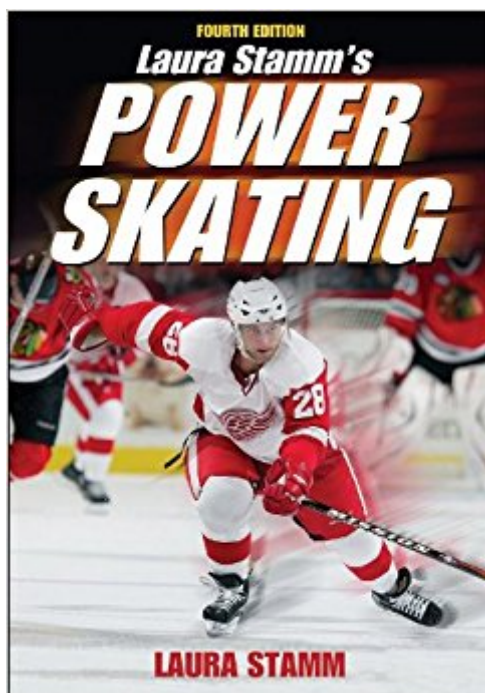


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# Laura Stamm's Power Skating - 4th Edition



## Synopsis

Develop explosive acceleration, speed, and agility and dominate the ice! Laura Stamm's Power Skating presents the skating system used by thousands of the sport's top players and teams to move with maximum efficiency on the ice. From starts and stops to turns and transitions, Laura Stamm's Power Skating covers all of the critical components of explosive skating. Through top-level instruction, practice drills, and coaching tips, you'll learn these skills:

- Increase on-ice acceleration.
- Improve balance while changing directions on the ice.
- Increase speed and agility to disrupt aggressive defensemen.
- Explode from a stationary position and stop more rapidly.
- Increase puck protection without sacrificing speed.
- Use speed and agility to create more scoring chances for yourself and teammates.

The great hockey players skate powerfully and are able to get in position to make the key plays. Laura Stamm's Power Skating will give you that explosive edge on the competition.

## Book Information

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## Customer Reviews

"As a former student of Laura Stamm's, I can personally attest to the tremendous benefits and advantages of the technique in Laura Stamm's Power Skating. It helped my skating significantly and was a factor in the improvement of my overall game. It's universally beneficial for any skater at any level." Rob Niedermayer -- Anaheim Ducks, NHL All-Star Forward "Laura Stamm's Power Skating offers expert techniques that will help both amateur and professional players get an edge on the ice. It is a must-read if you want to take your skating to the next level." Tony Granato --

## Assistant Coach, Pittsburgh Penguins

Internationally renowned power skating coach Laura Stamm has been coaching hockey players for more than 38 years. She is recognized as the pioneer of modern power skating in North America. The first woman ever to coach a major league professional hockey player, Stamm showed the hockey world how important skating technique is to a hockey player's success. Stamm has taught at hockey schools throughout the United States and Canada. She has worked with college and youth hockey players, U.S. Olympic team members, and professional players, including many NHL stars. Several of her former students went on to become NHL coaches and general managers. Laura has also taught thousands of minor league pro and amateur players how to increase their speed, agility, and efficiency on the ice. Stamm has worked with the Los Angeles Kings, the New York Rangers, the New York Islanders, and the New Jersey Devils, and the Atlanta (now Calgary) Flames. Her Power Skating System has been employed by prestigious hockey teams around the world. Stamm has conducted power skating clinics throughout the United States and Canada since 1973. She has personally trained and certified her own team of instructors who teach her Power Skating System worldwide. In addition to authoring three books and numerous articles on hockey skating, Stamm has been a frequent speaker at coaches' symposiums, camps, and conventions around the world. In 2006 she was the featured presenter at the USA Hockey Level 5 Coaching Certification Symposium. In January 2007, Laura was featured in USA Hockey Magazine as one of the top women working in hockey. In 2009, Laura was nominated for induction into the U.S. Hockey Hall of Fame. A champion athlete in ice dancing and tennis, Stamm majored in physiology at Cornell University and taught high school biology and physics. In 1971 she became a power skating coach at a summer hockey school directed by then-NHL stars Rod Gilbert and Brad Park. She went on to coach rookie New York Islander star Bob Nystrom. Her enormous success with him led to coaching assignments with other teams in the NHL and WHA (World Hockey Association), thus beginning her long career in hockey. Stamm lives in Anchorage, Alaska.

I'm a new ice skater. I used to play roller hockey as a teen. Now I'm old and have a son that's getting into ice hockey. I started skating to practice with him. I have learned so much through this detailed book. Even one thing his coaches were telling him to do wrong. It is very detailed making it a great tool to learn from. It's divided in sections. The beginning says the book would progress from beginning to advanced practice drills. Well that wasn't referring to what I thought. So if you need to work on stopping skip to the section on stopping and start from there. The book will teach moving

forward and then get into way advanced moving forward drills a beginner can not accomplish way before even discussing stopping. It's taught me what proper technique is and as I develop more skill and balance I am able to focus on doing the movement correctly. I have recommended this book already to many other skaters I see often. Of note in the online USA Hockey magazine I get there is actually an ad for one of her clinics. It's such a well done book after reading it you will be advancing yourself as well as being able to help others improve their skills.

This is hands down one of the best technical manuals for skating I've ever encountered. I have been skating 27 of the 29 years I have been alive, played inline hockey all through highschool and undertook many different endeavors on quad speed skates through the 90s. After 20 I took on ice skating and really fell in love with power skating. I've been, ironically, using this manual while coaching a roller derby team in the last year and my players have become night and day from when I started. In one year they made more progress than all three years before I came around. Often they tell me that skating didn't make sense to them until I started teaching them, and though the sport is different from hockey, the Laura Stamm method still applies. I have had tremendous success grooming players up to be better skaters, and have learned a lot for myself along the way. Whether you are a beginner or whether you are an advanced skater looking to better understand your craft.. If you are serious about skating you need this book. Next I'm gonna buy the DVD. I bet the two will be great paired together.

Tried and true methods, well tested through the ages. Well organised for different skill levels. I use this book for my own practices.

Fantastic book if you're looking to improve every facet of your skating.

Good book! Informational, as expected! Has many good techniques to become a better skater. The way the book is layed out and broken into chapters by technique makes it a step by step approach that is customized by ability level.

This book is just awesome for any level hockey player. Every technique is explained in-depth. It will make you a better skater I guarantee it.

Bought this as supplement to figure skating for strength and power, speed for Moves in the Field

and skating around the rink

Although the copyright date is somewhat dated, I can assure you that the material covered is time tested and still being taught at my local power skating rink. Excellent material to accompany the DVD.

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