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?
Our Facility
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
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
Knee Drive

- Knees Drive forward
- Focus on controlling hips
- Create Momentum
Cross Over start in Motion
Cross Over start in Motion
Cross Over start in Motion
Cross Over start in Motion
Cross Over start in Motion
Cross Over start in Motion
Speed Out of Turns

✓ Upper body rotation

✓ Pushes through heel to accelerator step

✓ Knee Drive
Speed Out of Turns
Speed Out of Turns
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
Jam/Jab Turns
Jam/Jab Turns
Jam/Jab Turns
Jam/Jab Turns
Jam/Jab Turns
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