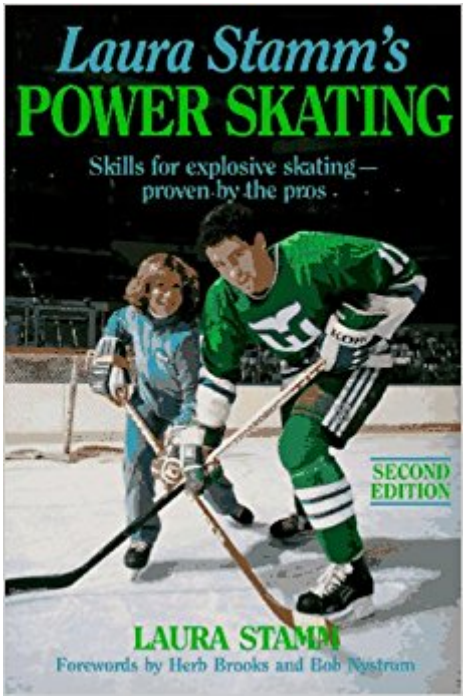
Ebook Directory
the best source of ebook

The book was found

Laura Stamm's Power Skating



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

It’s no secret that the most neglected fundamental in the sport of hockey is skating. While most players and coaches emphasize stickhandling, passing and shooting, it is the best skaters who become the most valuable hockey players. As the top skating coach for the NHL since 1979, Stamm has helped over 300 NHL players develop power skating techniques. In this expanded edition, Stamm turns hockey players into powerful skaters using the same skills proven by the pros. The book showcases Stamm’s knowledge and experience in power skating. Players learn how to develop speed, power and agility on the ice through a variety of new techniques and over 100 drills and exercises. There are over 340 drawings and photographs illustrating every skating skill from start to finish.

Book Information

Paperback: 256 pages

Publisher: Leisure Pr; 2 Sub edition (January 1989)

Language: English

ISBN-10: 0880113316

ISBN-13: 978-0880113311

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 15 customer reviews

Best Sellers Rank: #3,780,010 in Books (See Top 100 in Books) #84 inÃ Â Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading #137 inÃ Â Books > Sports & Outdoors > Coaching > Hockey #1543 inÃ Â Books > Sports & Outdoors > Hockey

Customer Reviews

"As a former student of Laura Stamm’s, I can personally attest to the tremendous advantages of Laura’s Power Skating technique." -- Rob Niedermayer, Florida Panthers"Laura never changed my style. She helped me improve it; giving me a boost to make it in the NHL." -- Luc Robitaille, Detroit Red Wings”Laura’s instruction was extremely beneficial. She emphasizes body positioning and technique that ultimately leads to more productive skating.” -- Brendan Morrison, Vancouver Canucks --This text refers to an out of print or unavailable edition of this title.

" ""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 Florida PanthersÃ¢â ¬Â•The instruction I received from Laura was extremely beneficial. She emphasizes body positioning and technique that ultimately leads to more productive skating.Ã¢â ¬Â•Brendan MorrisonVancouver Canucks""Laura Stamm never changed my style, but she helped me to improve it, and that gave me a big boost to make it in the NHL."" Luc Robitaille Los Angeles Kings " --This text refers to an out of print or unavailable edition of this title.

I have been using this book and the companion DVD for about 18 months. I bought them together after I made the decision to start playing rec league ice hockey at the tender age of 48! What you get out of them is going to depend a lot on what type of learner you are and your motivation. The DVD will appeal to those inclined to the visual, copycat approach. If you prefer to work through the process analytically with descriptive detail, then the book is better than the DVD. I've found them to be excellent complementary learning tools.There are many paths to success. I have also attended power skating classes and adult hockey camp. A private lesson with a figure skating instructor identified and corrected a posture problem in my backward crossovers. That could have taken months to work out on my own.The bottom line is that ice skating is an extremely difficult, non-intuitive activity. To get good at it, you simply have to make the commitment of time, energy, and yes money that's required to get out there and practice, practice, practice. This book and other resources can help, but there are no shortcuts or substitutes for lots of hard work on the ice. If you are willing to do this, you will be richly rewarded with superb skating skills that will make a huge difference in games. I am already playing at the intermediate rec league level and enjoying it a bunch.

All the books repeat the same information... The pictures are from the 80's.

Useful for reviewing skating technique.

This is a serious book because it has detailed explanations on how to skate in all possible situations. Plus it has great accompanying pictures.

I was searching for a book or video that would teach me all I needed to know about skating so I could get into inline hockey. This book delivered beyond my expectations! Not only has it allowed

me to get all of the basics quickly, it taught me the all important lesson of what to focus on when I'm practicing these skills. I will be using this book for many years to help me continually refine my technique. Although there are some differences between ice and inline skating, all of the techniques covered in this book relate directly.This book is priceless!!!!!

At the time of this review, I am 31 years old and preparing for my first season of adult hockey. I had almost zero skating experience (aside from maybe three public skating sessions when I was 12 or so years old) when I decided I wanted to play hockey. Before I started taking skating seriously, I would just go out an mess around on the ice for a half hour at a time. All that did was breed bad habits and frustration. Then, I purchased this book: I can't stress to you just how much the descriptions in this book helped form good skating habits while avoiding/undoing the bad ones. Remember, I am a self-taught skater and by no means perfect, but this book solidifed the fundamentals and spelled out the execution necessary to maximize my power. In just three months of practice patterned after the excercises in this book, I feel like a totally different individual than the unbalanced, directionless clown I was when I started out. Consider this book a must-read if you're looking to get into hockey.

Laura Stamm's Power Skating was recommended to me by my team and personal skating coach. It covers basics ... in detail! Speed, balance, explosiveness, responsiveness - all depend on the basics underlying your forward and backward stride, including weight distribution, leg extension, edge position, angle, and control, hip position and movement, control of shoulder and torso position, and more.This book covers the basics you would have drilled into you at any good hockey school or clinic. So if you're wondering why you slip edges, are a fast runner but slow skater, can't quite stop yourself from spinning out of position at times, lose your balance, feel like your upper and lower body aren't working together on the ice, etc. - buy this book and start drilling!One piece of advice on skates, though. If you've never been fitted by a competent hockey pro shop or at a clinic, go and get it done. Hockey skates aren't shoes or boots and shouldn't fit like them. Wear the wrong skate and you will not only waste your time and money trying to learn to skate properly, you will develop habits you will have to rid yourself of later. Trust me - you are NOT going to be fitted properly at the local sporting goods or department store. Get fitted properly and buy the best skates you can afford. Fitting also addresses more than the skate boot fit. You need someone knowledgeable to help with things like blade type, rocker, and other fitting issues too.The book and techniques are excellent and the price is cheap. Laura Stamm has been used and endorsed by many pros. You can't go

wrong!

When I first started playing competitive hockey 10 years ago, I didn't know how to skate. I bought this book and learned the physics of skating. After 6 weeks of training on inline skates and at the ice rink my skating was good. During the last game of hockey that year, I remember I chased the other team's best player from his end of the rink to mine and knocked the puck off his stick. I skated to the bench for a line change and one of the guys who hadn't seen me since I started the training said, "Holy! How come you are so fast?". I recommend this to all the guys I play with. I bought the video a few years later, but I think if I had choice of the two, I'd take the book because the book is well written enough that I can visualize what to do.

Download to continue reading...

Laura Stamm's Power Skating - 4th Edition Laura Stamm's Power Skating 3rd Edition Laura Stamm's Power Skating Book-4th Edition/DVD Package Laura Stamm's Power Skating Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 Skating for Power & Speed: Hockey the NHL Way Made in Florence: A Travel Guide to Fabrics, Frames, Jewelry, Leather Goods, Maiolica, Paper, Woodcrafts & More (Laura Morelli's Authentic Arts) The Happy Land Companion: Music from the World of Laura Ingalls Wilder Soul Picnic: The Music and Passion of Laura Nyro My Little House Crafts Book: 18 Projects from Laura Ingalls Wilder's Little House Stories (Little House Nonfiction) Laura Ingalls Wilder: A Biography (Little House Nonfiction) Who Was Laura Ingalls Wilder? West from Home: Letters of Laura Ingalls Wilder, San Francisco, 1915 Prairie Girl: The Life of Laura Ingalls Wilder (Little House Nonfiction) Who Was Laura Ingalls Wilder? (Who Was?) The Little House Cookbook: Frontier Foods from Laura Ingalls Wilder's Classic Stories Laura Aguilar: Show and Tell Pioneer Girl Perspectives: Exploring Laura Ingalls Wilder