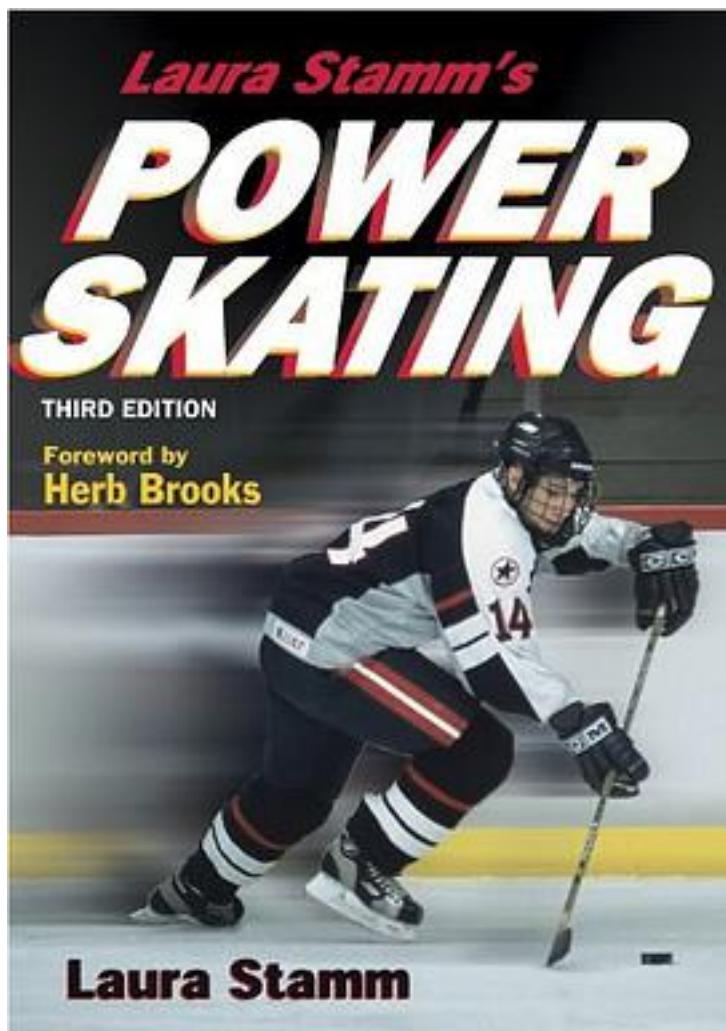


Laura Stamm's Power Skating



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Following in the tracks of "Laura Stamm's Power Skating, Third Rdition" - the best

selling book of its kind - here comes a revised and fully updated new edition which looks set to overtake the current market leader in style. "Laura Stamm's Power Skating, Fourth Edition" provides all the essential techniques for increasing speed and agility on the ice as well as ensuring that skaters are fully au fait with recent rule changes in the game of ice hockey. With the emphasis on speed and agility now even greater, many new training methods and techniques are being taught to players at a much younger age. However, without due knowledge of the specific safety considerations, coaches risk doing more harm than good to these young skaters. Often the desire to attain speed and agility results in decreased puck control and poor balance. As a highly regarded and active instructor on the professional scene, Laura Stamm's unique power skating programme has evolved with the game. She has developed drills and other techniques to help improve speed, power and agility without neglecting the importance of ice hockey fundamentals. As ever, skills are presented in a progressive format beginning with the most basic drills and gradually increasing to the more complex. Modifications and variations accompany the more advanced drills to allow for safe execution by younger skaters.

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