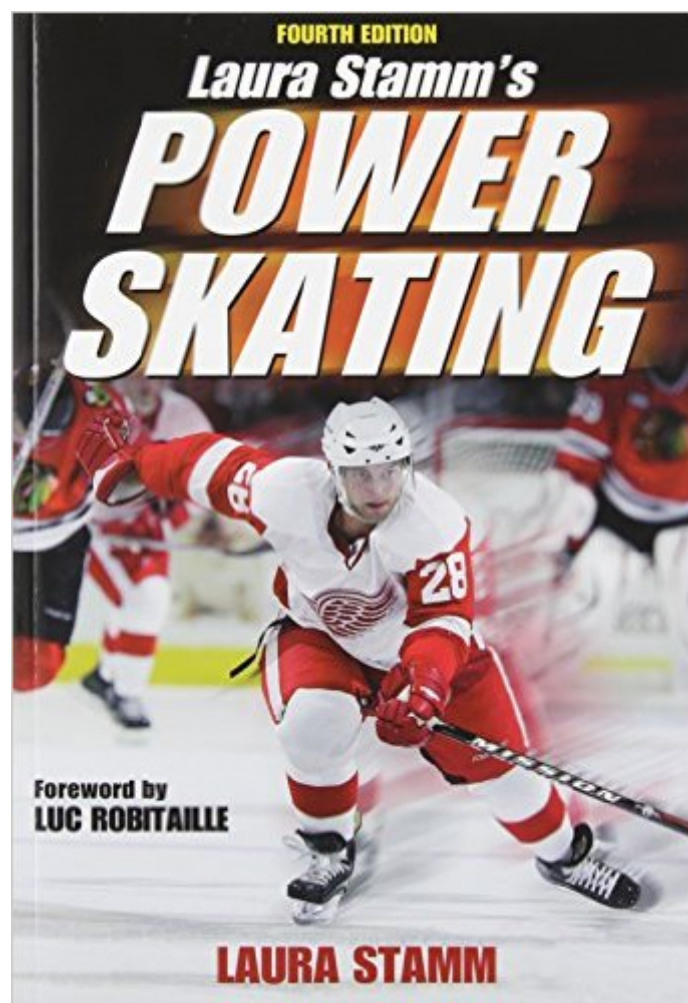


The book was found

Laura Stamm's Power Skating Book-4th Edition/DVD Package



Synopsis

Develop explosive acceleration, speed, and agility and dominate the ice! Laura Stammâ™s Power Skating, Fourth Edition book and DVD package presents the skating system used by thousands of the sportâ™s top players and teams to move with maximum efficiency on the ice. Plus, youâ™ll learn proven drills to help practice and master each maneuver. The DVD released in 2005 brings Stammâ™s new book alive by demonstrating the skills and drills in each chapter. From starts and stops to turns and transitions, Laura Stammâ™s Power Skating covers all of the critical components of explosive skating. Through top-level instruction, practice drills, and coaching tips, youâ™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 Stammâ™s Power Skating/DVD package will give you an explosive edge on the competition with every technique you need to skate your best and elevate your game. v

Book Information

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Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

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Customer Reviews

DVD is dated in terms of production, but content and demonstrations are first rate. Be warned, however: what's on the DVD and in the book isn't new, nor is it a secret to excellent skating: pretty much every hockey clinic and camp you go to teaches these same power skating techniques.

I was somewhat disappointed in this latest edition of Stamm's classic how-to for hockey skating. Although some of the photos were newer, they weren't necessarily better. Same goes for the graphics. Although some beginners will find this useful, they might be better served by other books and videos that cover more basics and have better illustrations and diagrams.

An excellent book that should be read by hockey players and coaches who want to improve their skating.

Great details for learning to hockey skate. Excellent book and DVD.

Great tools

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