Basic Skating Requirements

People of all ability levels are welcome to train and compete with the Dublin Buccaneers, however ***a base ability to skate is essential*** and fundamental to the sport and your safety.

To aid you in defining your ability we have outlined some basic skating skills required below. These skills will need to be demonstrated competently prior to commencement of normal club training activities.

Competently is defined as "with correct form, in control and at reasonable pace"

An assessment will be carried out by coaching staff to assess skating under training conditions. The following skills include (but are not limited to) an ability to skate forwards, backwards and perform cross overs. A working knowledge of the sport is preferable but not essential as it can be taught. We offer 3 levels of accessibility.

"Development team" - For brand new players coming to the sport, developing players or players who want to train but not compete. "A and B teams" - Competitive level teams playing within the Nigel Smeaton Memorial Cup and selectable for challenge matches. These levels will require competency in additional skills.

Basic Skating Requirements

1.1 Basic Stance

The basic stance, commonly referred as the “ready position”, allows a player to move in any direction from a solid base of support. This position is used when executing many of the basic skills such as passing, shooting, and checking.

Key Points:

- **Feet shoulder width apart, pointing slightly outward**
- **Knees and ankles are slightly flexed**
- **The upper body leans slightly forward so that the weight is on the balls of the feet**
- **Head up, eyes forward**
- **The stick is held with both hands, blade of the stick on the ice and slightly to the side of the body**

Standing on One Leg:

Key Points:

- **Start in the Basic Stance**
- **Shift you weight to stand on one leg**
- **Keep your knees bent in a ready stance**
- **Your ankle should not fold or wobble**
- **Hold for 1 second then shift to the other leg**
- **Do not use your stick for balance**

Basic Skating Requirements

1.2 Balance

Balance is an even distribution of weight enabling someone to remain upright and steady. This is a basic skill required for all players to develop all hockey skills. A player who can balance can puckhandle, skate, pass, and shoot much easier.

Getting Up From the Ice

Key Points:

1. **Starting with both knees on the ice**
2. **Do not put hands on the ice**
3. **Keep both hands on your stick**
4. **Slide on leg forward so that the blade of the skate in on the ice (45 degree angle)**
5. **Push up with the stick on the bent knee for balance, moving the other leg forward**

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Basic Skating Requirements

1.2 Balance

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Moving Sideways

Key Points:

1. **Players start from basic stance**
2. **The body will be moving to the side. Stay facing forward and do not turn your body in the direction you are moving**
3. **Steps should be taken flat-footed**
4. **Keep the stick in front of the body, facing forward**
5. **Start slowly**
6. **Keep one foot planted on the ice and slightly lift the other and move it roughly one foot to the side. Then lift the planted foot and bring in back towards your body**



7. **Progression of #6- Keep on foot planted on ice and bring the other foot over the top of that foot placing it on the ice. Bring the planted foot behind that foot until you are back in the ready position**



Basic Skating Requirements

1.3 Forward Start

The ability to start skating forward is the first skating skill all young players should develop. We will focus on two main forward starts.

Front Start

Key Points:

1. **Players start in basic stance**
2. **Turn heels inwards to make a "V" with your skates**
3. **Lean slightly forward to put your weight on the front part of the skate blades**
4. **Push off forward with either the right or left leg and alternate legs with each stride (like running)**
5. **Keep skates close to the ice for quick recovery and better balance**
6. **Strides should get longer by the 4th step**
7. **Gradually straighten up and speed**

Basic Skating Requirements

1.3 Forward Skating

The ability to start skating forward is the first skating skill all young players should develop. Body position is key to effective skating.

Striding & Gliding

Key Points:

1. **Forward propulsion emanates from a full extension of the hip, knee, and ankle in a lateral thrust (pushing a an angle to the side and not straight back)**
2. **The knee of the gliding leg should be flexed beyond the toe of the skate**
3. **The weight of the body should be shifted over the gliding leg at the beginning of every stride**
4. **Recovery is executed in a circular motion, with skate low to the ice, passing under the centre of gravity**
5. **Shoulders should be kept perpendicular to the intended direction**
6. **Stick can be held with one hand or two depending on the situation**

Basic Skating Requirements

1.4 Forward Turns

To change direction, turns are more energy efficient than stops and starts. It is important that players learn to turn equally in both directions.

Glide Turn

Key Points:

1. **Skates shoulder width apart**
2. **Lead with the inside skate**
3. **Head and shoulders start the turn**
4. **Bend the knees and lean to the inside**
5. **Slightly shift weight to the heels**
6. **Follow the stick**
7. **Perform this in both directions**

Basic Skating Requirements

1.5 Backwards Skating

Backward Stance

Key Points:

1. Perform a two foot stop
2. Skating backward is like sitting in a chair
3. Keep the knees bent and back straight
4. Feet and knees are shoulder width apart
5. Lower the centre of gravity and keep the butt low
6. Head up, chest out, shoulders back
7. Weight evenly distributed along each blade

General Backward Skating

Key Points:

1. In backward stance
2. All weight should be on one foot, with feet close together when the stride begins
3. Using the front part of the blade, push straight out to the side until the pushing leg is extended
4. When stride is completed step to the opposite foot and lift the foot you pushed with
5. Bend the knee of the leg you pushed with and pull it towards the skating leg keeping the foot close to the ice
6. As free foot comes close to the other foot, start striding with the other leg
7. Continue alternating action with both feet, ensure weight is always over the striding leg