

2011 International Coaching Symposium

Skating Critical Factors

Dusan Benicky



Základy korčuľovania

Výstroj

- a, korčule (design & tuhosť)
- b, nože (výška, profil, zarovnanie)
- c, ostrenie

Fyziologické - posturálne pre dispozície (O, II, X)

Rovnováha a stabilita

Funkčná pevnosť

Na ľade

Pohybový potenciál

Kritickým faktor štart vs odraz



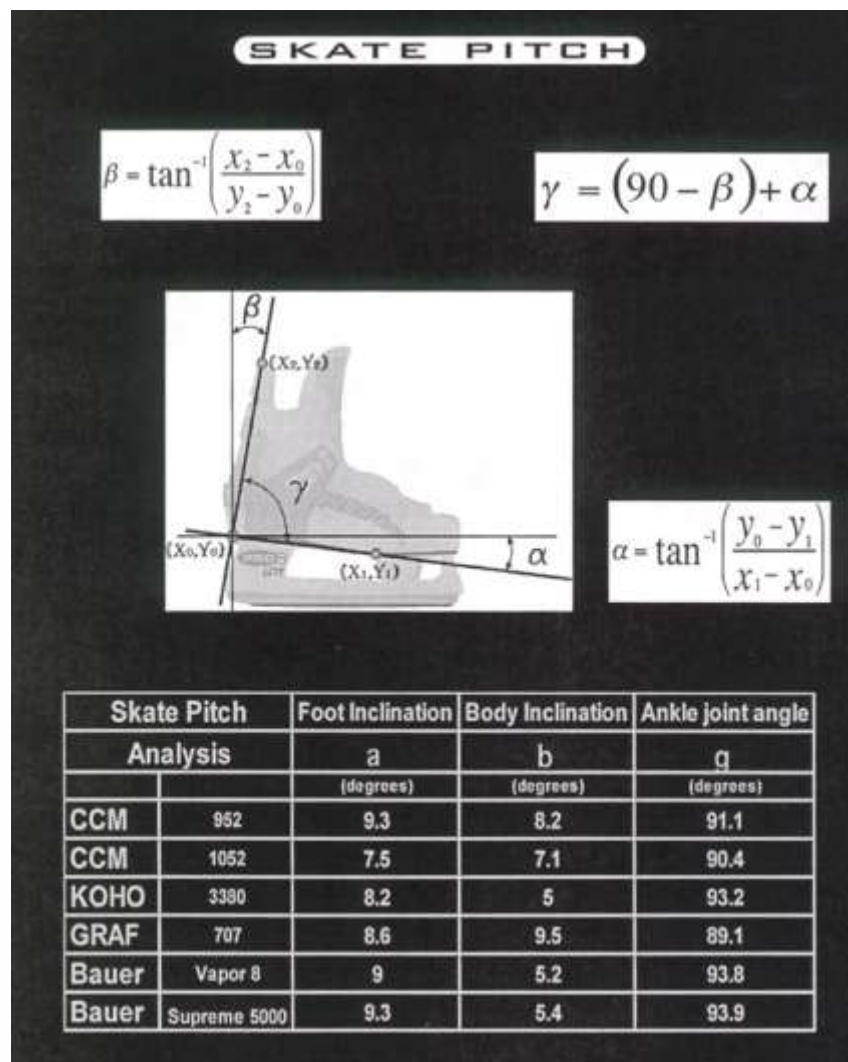
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Bratislava

Základy korčuľovania - výstroj

a, korčule

b, nože

c, ostrenie



Základy korčuľovania

Fyziologické - posturálne pre dispozície (O, II, X)

Rovnováha a stabilita

Funkčná sila



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Základy korčuľovania

Rovnováha a stabilita



1% vs 100%



Základy korčuľovania

PSYCHO - PHYSICAL TRAINING



PRE/POST PERFORMANCE PREPARATION

THIS IS A PROVEN APPROACH TO PRE-ICE PREPARATION THAT USES "BRAIN-ACTIVATION TECHNIQUES" TO DRAMATICALLY IMPROVE ON-ICE BALANCE, PUCK HANDLING SKILLS AND OVERALL PERFORMANCE. IN ALL THE EXERCISES BELOW FOLLOW THESE GENERAL GUIDELINES:
 1. START EACH EXERCISE BY STEPPING FORWARD WITH THE LEFT FOOT PLACING IT GENTLY ON TOP OF THE PLANK, STABILIZE YOUR BODY, PERFORM THE SPECIFIC EXERCISE, NOW CONTINUE BY STEPPING FORWARD WITH THE RIGHT FOOT AND REPEAT THE EXERCISE. REPEAT THE SAME EXERCISES STEPPING BACKWARDS. THIS COMPLETES ONE SET. PERFORM A FULL SET FOR EACH EXERCISE.
 2. THE WEIGHT TRANSFER MUST OCCUR WITHOUT COLLAPSE OR SHIFT IN THE PELVIS. KEEP YOUR HEAD UP AND LOOK STRAIGHT AHEAD. HOLD EACH EXERCISE IN THE POSITION FOR 3 BREATHS. FEEL STRONG AND BALANCED WITHOUT TENSION OR HURRY. DEEP AND CONTROLLED BREATHING CREATES HARMONY AND CONFIDENCE. INHALING BUILDS ENERGY WHILE EXHALING DIRECTS THAT ENERGY THROUGHOUT THE BODY. SINCE YOU HAVE MASTERED THE EXERCISES WITH YOUR EYES OPEN EXECUTE THEM WITH EYES CLOSED.

HIGH KNEE



Start with your feet towards your chest and send the knees up over your head. Continue for 30 seconds and you feel the burning and your breath.

LATERAL ROTATORS



Start with your right ankle while standing the right knee upwards. Hold the ankle with your left hand and slide the right hand on top of the left knee. Getty position hold the ankle constantly or breathe in the same. Hold every position that big enough when repeat.

ARROW STRETCH



Reach for the right foot and bring that foot to a straight line with the left foot from standing. Reach slowly behind with your left arm, then forward with your right arm. Use the stretching resistance in the standing. Use Control your abdomen to prevent the loss of your back.

LUNGE



Start with either side of the knee weight transfer to mostly downwards back feet. Keep the knee in straight line with the ankle. Push the hip forward while also leaning your torso on the ground. Push the hip forward while also leaning your torso on the ground. Push the hip forward while also leaning your torso on the ground. Push the hip forward while also leaning your torso on the ground.

LATERAL LUNGE (SKATING STRIDE)



Start with 90 degree angle of knee and the body keep that the knee is parallel to the line of the center of gravity. Push the knee forward while also leaning your torso on the ground. Push the knee forward while also leaning your torso on the ground. Push the knee forward while also leaning your torso on the ground.

BALANCE IS KEY! Surface of the skate blade  is 100 times smaller than that of the foot! 

CARDIOVASCULAR WARM UP

OBJECTIVE OF WARM UP IS TO INCREASE BODY TEMPERATURE AND INDIVIDUAL TEAM AWARENESS. CHOOSE ANY COMBINATION OF EXERCISES BELOW. YOU START EXERCISES, BUILDING COMMUNITY AND TEAM SYNERGY WILL GET YOUR TEAM PERFORMING RIGHT FROM THE START OF A GAME OR PRACTICE.

JOOGING



3-11 MIN

SKIPPING



3-11 MIN

SOCCER



6-10 MIN

QUICK FEET



10-15 MIN



10-15 MIN



10-15 MIN



10-15 MIN



10-15 MIN



10-15 MIN

Sponsors:



For details describing these exercises, log onto www.HockeyPerformanceCentre.com | This poster was created as a component of the BC Hockey Long Term Athlete Development model in cooperation with Hockey Performance Centre. Content provided by **Dusan Besicky** | Special Thanks: **Melissa Anderson** and **Gilbert Brule** (see photos) |  | Photos by **Chris Kelke** | Graphical design by **Inferno**

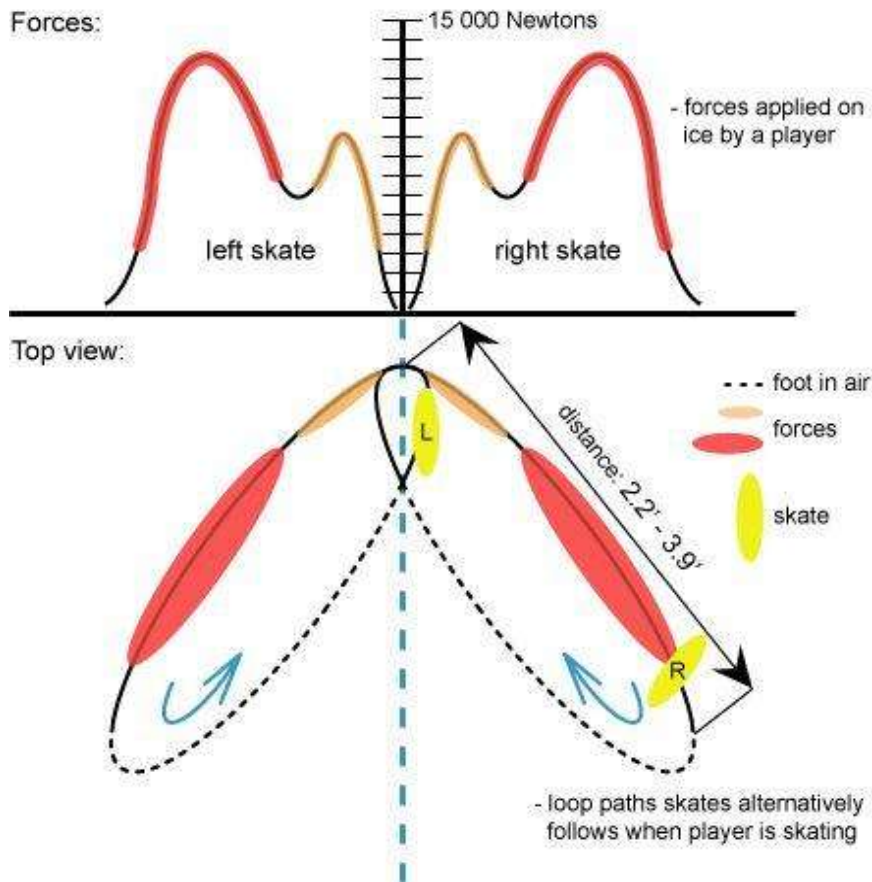
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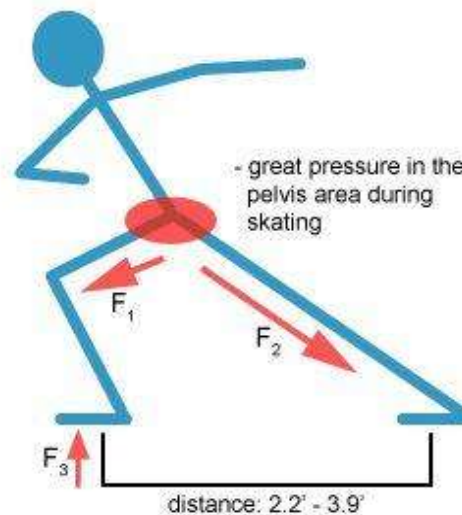
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Charakteristika korčuľovania

Forward skating stride analysis



Forces that have significant impact on a skater:



2011



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Performance characteristics

Start vs Stride Video



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Realizácia korčuľovania

Cvičenia na ľade

Napodobňovanie korčuľovania

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Thank you players & colleagues!



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