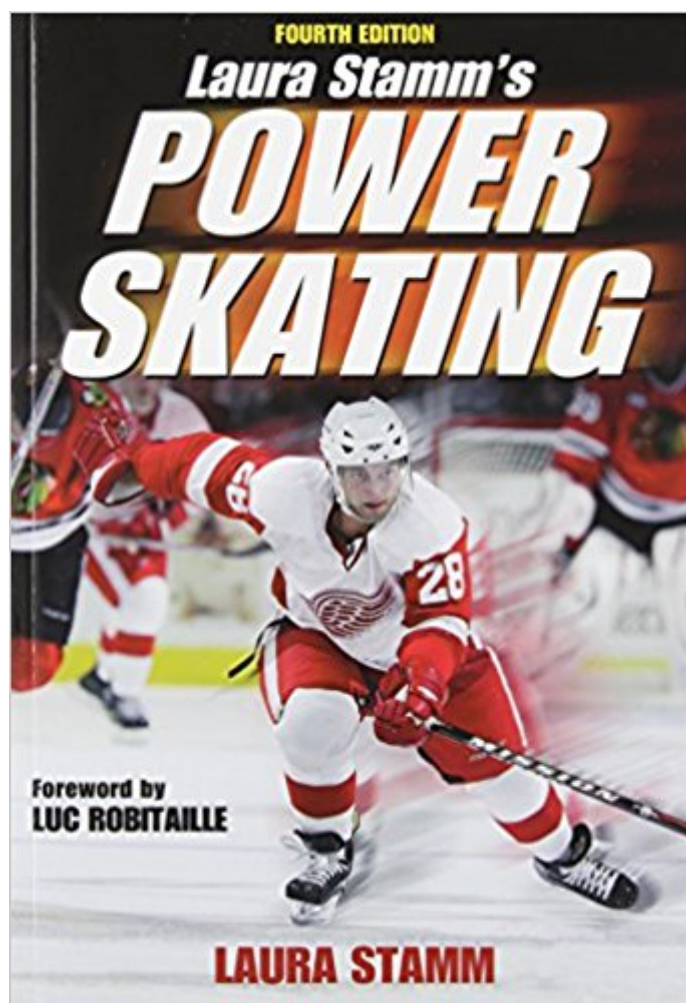




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# Laura Stamm's Power Skating Book-4th Edition/DVD Package



## 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.

## Book Information

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## Customer Reviews

"As a former student of Laura Stammâ€™s, I can personally attest to the tremendous benefits and advantages of the technique in Laura Stammâ€™s Power Skating. It helped my skating significantly and was a factor in the improvement of my overall game. Itâ€™s universally beneficial for any skater at any level." Rob Niedermayer Anaheim Ducks "Laura Stammâ€™s Power Skating offers

expert techniques that will help both amateur and professional players get an edge on the ice. It is a must-read if you want to take your skating to the next level." Tony Granato Head Coach, Colorado Avalanche

Internationally renowned power skating coach Laura Stamm has been coaching hockey players for more than 38 years. She is recognized as the pioneer of modern power skating in North America. The first woman ever to coach a major league professional hockey player, Stamm showed the hockey world how important skating technique is to a hockey player's success. Stamm has taught at hockey schools throughout the United States and Canada. She has worked with college and youth hockey players, U.S. Olympic team members, and professional players, including many NHL stars. Several of her former students went on to become NHL coaches and general managers. Laura has also taught thousands of minor league pro and amateur players how to increase their speed, agility, and efficiency on the ice. Stamm has worked with the Los Angeles Kings, the New York Rangers, the New York Islanders, and the New Jersey Devils, and the Atlanta (now Calgary) Flames. Her Power Skating System has been employed by prestigious hockey teams around the world. Stamm has conducted power skating clinics throughout the United States and Canada since 1973. She has personally trained and certified her own team of instructors who teach her Power Skating System worldwide. In addition to authoring three books and numerous articles on hockey skating, Stamm has been a frequent speaker at coaches' symposiums, camps, and conventions around the world. In 2006 she was the featured presenter at the USA Hockey Level 5 Coaching Certification Symposium. In January 2007, Laura was featured in USA Hockey Magazine as one of the top women working in hockey. In 2009, Laura was nominated for induction into the U.S. Hockey Hall of Fame. A champion athlete in ice dancing and tennis, Stamm majored in physiology at Cornell University and taught high school biology and physics. In 1971 she became a power skating coach at a summer hockey school directed by then-NHL stars Rod Gilbert and Brad Park. She went on to coach rookie New York Islander star Bob Nystrom. Her enormous success with him led to coaching assignments with other teams in the NHL and WHA (World Hockey Association), thus beginning her long career in hockey. Stamm lives in Anchorage, Alaska.

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.

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.

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

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

Great tools

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