



## Laura Stamm's Power Skating - 4th Edition

By Laura Stamm

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### Laura Stamm's Power Skating - 4th Edition By Laura Stamm

Develop explosive acceleration, speed, and agility and dominate the ice! *Laura Stamm's Power Skating* presents the skating system used by thousands of the sport's top players and teams to move with maximum efficiency on the ice.

From starts and stops to turns and transitions, *Laura Stamm's Power Skating* covers all of the critical components of explosive skating. Through top-level instruction, practice drills, and coaching tips, you'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 Stamm's Power Skating* will give you that explosive edge on the competition.

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*"As a former student of Laura Stamm's, I can personally attest to the tremendous benefits and advantages of the technique in Laura Stamm's Power Skating. It helped my skating significantly and was a factor in the improvement of my overall game. It's universally beneficial for any skater at any level."*

**Rob Niedermayer** -- Anaheim Ducks, NHL All-Star Forward

*"Laura Stamm'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** -- Assistant Coach, Pittsburgh Penguins

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