

## **A - Skating Technique Video Demonstrations:**

*Skating is and always will be the most important foundational skill. I remember coaching a player at university who scored 81G 81his last season in major junior (I think he still has the pp goals record) and he wasn't even invited to one NHL camp because they didn't think he skated well enough and he was on the small side. So you might have all the other skills and great game intelligence but the first thing you need is to be a great skater.*

Skating technique demo. Kai. The slides are in Finnish but anyone can understand the demo's of good technique by the Finnish coach. Kai mentions he has an English translation but I can't find it on the site. Maybe you can submit it Kai.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090906110909283>

Hal Tearse from Minnesota Hockey moderates a 30 minute video with exercises for good skating technique.

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