



Teaching Skating - Key Facts



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Balance between hard work & thought process

- 10% hard work, 90% thinking.
- 90% focus gives 50% of the results.
- Slow down before adding speed.



Skating can be improved at any age

- Repeat something 10000 times and you will learn it → FALSE
- Quality of repetition matters more than quantity
- Key focus areas to improve your skating:
 - Slow down
 - Understand what you're doing
 - Practice the right things
 - Consistency

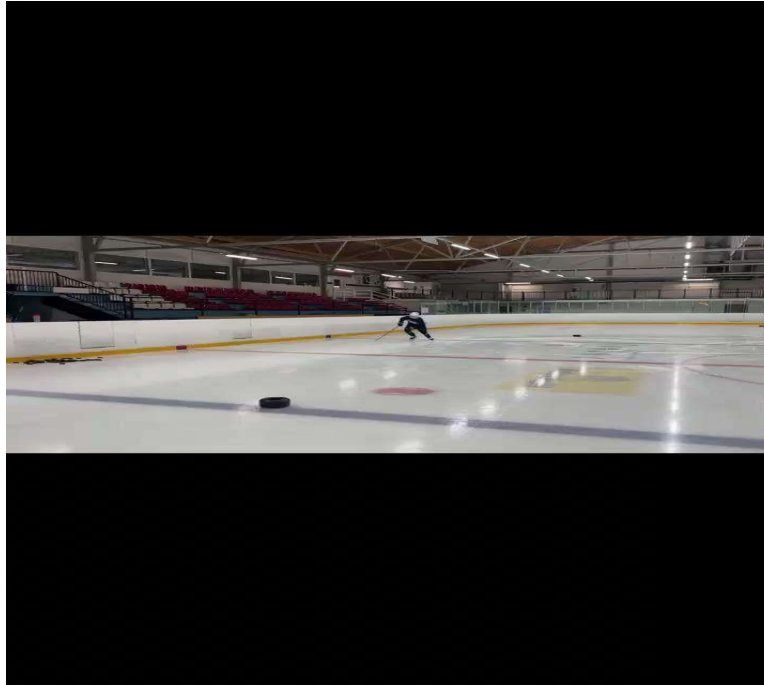


Off ice practice

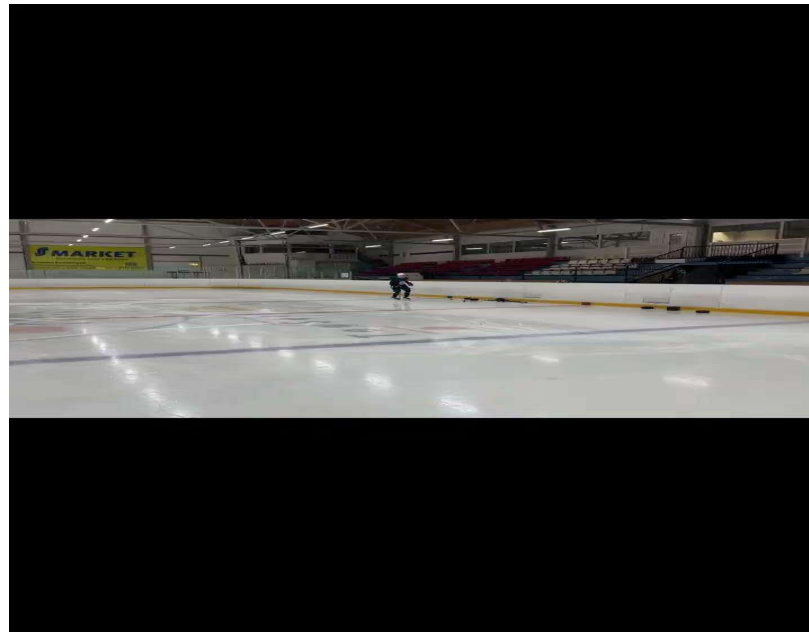
- Off ice practicing improves skating significantly
- Connect balance and rhythm



Turn - Forward skating



D-turn & U-turn



Winger's turn + Stop & Go

