

# Floor Exercises

All new players need to do these everyday for one month for proper skating development

Good skating skills are NECESSARY for all hockey players. Certain neuromuscular connections are NECESSARY for proper skating development. The ability to turn your toes in and out is a CORE NECESSITY for true skating development. This information must be well imbedded in the sub-conscious memory much like the alphabet song, mathematics tables, walking, etc. This list of exercises will help young players set a NECESSARY range of motion, and develop NECESSARY connections.

All exercises are done without skates walking approximately 20 feet each time. **Five minutes EVERY DAY for FOUR WEEKS, is necessary for permanent results . Make a one-month calendar, place it on your fridge. Complete exercises daily, and have your son or daughter check off each day. Do in the morning before breakfast or another specific time each day.** Give calendar to Coach Randall when completed. Extend time frames a few weeks on those exercises that require more effort.

1. Turn toes IN equally, knees straight, walk BACKWARD across the room 2 times.
2. Turn toes IN equally, knees straight, walk FORWARD across the room 2 times.
3. Turn toes OUT equally, knees straight, walk BACKWARD across the room 2 times.
4. Turn toes OUT equally, knees straight, walk FORWARD across the room 2 times.
5. Repeat all four drills with knees well bent.
6. Turn toes OUT; bend knees, walk sideways, first go left, and then go right.
7. Turn toes OUT; bend knees, and walk sideways in a 7-8 foot circle. Do 3 circles each way.
8. Hold arms straight out in front, lift knees and touch arms alternating left then right 20 times.  
Add 10 more each week if age 7 or above.
9. Questions? Contact Coach Randall at 518-281-4811 or [info@myhockeyskills.com](mailto:info@myhockeyskills.com)

**Please Note the following based on 49+years of research and 32,900+ students in our schools**

### **Stick Height**

Fact: the best of players usually have shorter sticks, please visit [www.cuthockeysticks.com](http://www.cuthockeysticks.com)

**For learning: while standing on skates, cut stick ¼" above the players collar bone or shoulder**

Blade: start with mild curve, little or no twist

Shaft: Young players, 20 – 50 flex, 40 – 50 % of body weight. Older players, same as results indicate

Once a player has found the stick that works, **replace it with the SAME design for entire career**

Once a player has achieved a **high level of puck control**, stick height & shape is the player's choice

Actual player performance results are the ONLY information supporting our recommendations

### **Current Skate Recommendations:**

#### **Bauer Youth & Jr. Models:**

**Best this year are models "M4" or "M5" or above**

#### **Bauer SR Model:**

**Best this year is model is "M4" or "M5" or above**

#### **Bauer Model:**

**Vapor "3x" or above**

**CCM:** All good on the mid to high end price range, not recommended on the youth sizes

**True:** Custom skates great, stock skates ok, limited info, buy at your risk

**BUY:** Only heat moldable skates!!

**WHEN the next major breakthrough in skates happens, we will let you know. Don't be fooled!!**

**ACTUAL player performance RESULTS are the ONLY information supporting these recommendations**

### **Additional Skate Info:**

**Sharpening:** Request 3/8" hollow for all players in training, this forces/causes proper balance & placement of foot and body-blade alignment, players can FEEL THE ICE!

Request 1/2" hollow for recreational players and most adults

**\*Radius/Profile blades to 9' @ (Coach Randall's Spec's)\***

Compound profiles for very advanced players only!!!

Check all blades to see that they are mounted centerline & are not bent or twisted

Replace worn out, or over sharpened blades

Used skates alright if blade ok & boot not too worn out or twisted

### **Blade Holder Ratings, based on player balance and performance:**

1. TUUK (radius steel to 9' - used by 80% of NHL)

2. CCM (radius steel to 9')

3. TRUE (radius steel to 9')

*Although some can skate on anything, that is not the case for most players*

To: All hockey families, Coaches, & players

**An Important Note from Coach David Randall**

Regarding: **Balance & Performance Compromised** on most skates purchased in the last 10 years.

A little more than ten years ago, we noticed it was taking longer for many players to develop their balance when doing our *balance* and *glide efficiency* development drills.

At that time, our research helped us to learn that manufacturers had changed the heel to toe radius/profile from an industry standard of 9 feet (see chart below). Youth blades are now 11 feet to completely flat, junior blades are 7-17 feet, senior blades 10 to 17 feet and many have multiple radii/profiles on one blade. Also, new blades have many inconsistencies that cause erratic curving as well as compromised grip, and stopping irregularities.

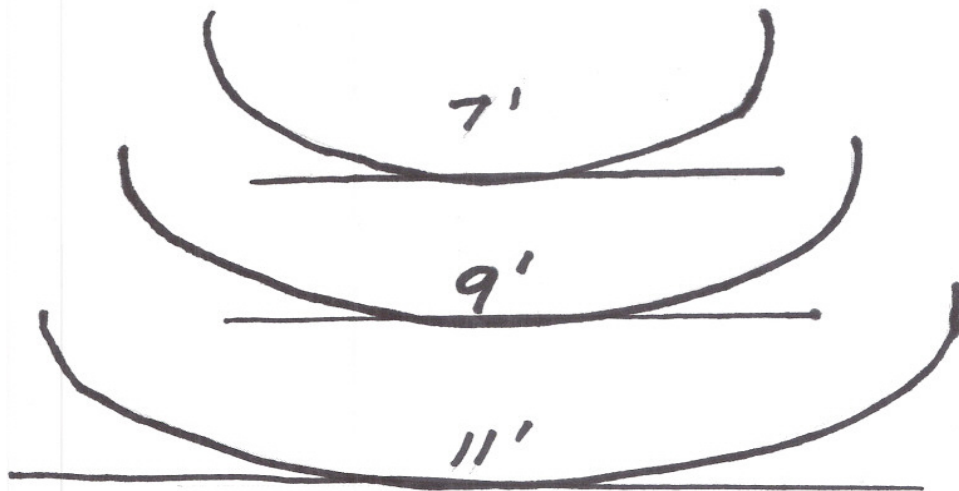
The blade radius/profile is the measurement of the curve heel to toe on the bottom of the blade. A skate blade is shaped like the rocker on a rocking chair

The solution, re-shape the blade with a Pro-Sharp profiling machine. ([See Machine/Process Click Here](#))

Most involved in youth hockey programs do not realize how much this will help their balance, control, over all performance, and enjoyment.

After correcting thousands of players' blades from the flatter radius to the recommended 9-foot radius over the past decade, the balance and glide development we should see is occurring.

Hockey skate blade side view radius/profile example, not to exact scale



**7 Foot Radius** rocks to much, not enough blade contacting ice. The rate of curve is to quick, somewhat unstable, maneuvers well but skates less than maximum speed.

**9 Foot Radius** rocks just right, has just the right amount of blade contacting ice, and also curves at the proper rate. It is the best in matching all players' balancing mechanisms, especially during the skill developing years. The players' brain/sense of feel, can read the 9' rate of rock, curve, fall, and lean with remarkable accuracy. Maneuvers are still easy and they can be done with plenty of speed.

**11 Foot or Greater Radius** rocks to little, to much blade contacting ice. Very stable, but the rate of curve is to slow in the developing years. Players make curves too large and are unable to develop advanced balance habits quickly. For most, skates feel like they slide or stick to the ice during quick maneuvers. Flatter radius is great for the long strides but not for hockey maneuvering.

Put simple, the 9-foot radius works best for the human balance system, **ESPECIALLY IN THE DEVELOPING YEARS**. I have witnessed this in players of all ages and sizes for over 49 years with few exceptions.

There are more complex radius/profiles and specialized sharpenings available for players at the higher levels of hockey. It is our position that for the youth hockey player, these are **NOT NECESSARY OR DESIRABLE!** It is highly likely that compound profiling and flatter or rounder than 9 foot radius will inhibit proper skating development, especially those with inward knee lines, natural toe out stance, foot pronation, or flat feet.

**Player performance** is the only guide for our recommendations.

**SOLUTION:** We have the Pro-Sharp profiling/radius machine necessary for correcting any players' skates that wish to do so. The fee is \$25/youth(sz 6-13.5), \$30/Junior(sz 1-5.5), \$35/adult(sz 6-12). The fee includes re-sharpening also. Contact us to schedule.

All skates will be checked with a gauge first, and then the appropriate service will be done. If the radius is correct, you just get a sharpening for \$7.

Have your skates been sharpened 25+ times since last profiling? Consider having blades checked for inconsistencies and re-profiled if appropriate.

Please forward to anyone that might benefit from this information.

If you have any questions, call or email.

*Coach David Randall*

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