



Crossover Acceleration

Accelerating out of a crossover turn is largely dependent on the ability of the player to get the proper push with the outside edge of the inside skate. When crossing over players use the inside edge of the skate on the outside of the turn to stride in addition to the outside edge of the leg on

the inside of the turn. Most players get their greatest acceleration from the push with the inside edge of the skate. The fastest, most powerful skaters like Mark Messier and Paul Coffey are able to get an “equal push” from the outside edge of the inside skate. To improve this “push” you first of all need to be comfortable in balancing on the outside edge. Then you need to concentrate on a full stride and pushing off of the outside edge. Some progressional drills to improve power and acceleration in crossovers:

THE SCISSORS

Have your players start from a stand still and let their feet go apart (on inside edges) and then pull them back together. As they come together have one leg cross behind the other (rolling over the ankle) to get on the outside edge of that skate. The more knee bend the players are able to maintain, the farther over they will be able to bring the leg crossing over behind. They should strive to go as far as they can.

CIRCLE SCISSORS

Once comfortable in maintaining balance in a straight line scissor, have your players move around a face-off circle trying to get the inside leg as far as they can to the outside of the circle – fully extending the leg. They should start out moving slowly and then can pick up speed as they improve their balance.

OUTSIDE EDGE PUSH

The next step in the progression is to improve the push – by using the outside edge only. Players will move around a face-off circle to the left keeping their right skate on the circle. Using only their left skate they should cross it over behind the right skate toward the outside of the circle and push off of the outside edge of the skate to create power. As they push across behind, they need to roll over their ankle to get on the outside edge. As they push to the outside, the toe of the blade of the skate should be the last thing leaving the ice as they snap their ankle at the end of the stride.

THE RHYTHM TEST

One way to check to see if players are getting an equal push from both skates is to have them skate in a circle (around a face-off circle or even wider) and watch and listen to the rhythm of their feet. You will be able to hear if they get an equal push by the sounds of the skates ripping into the ice at the end of the stride. Players with a deficiency in the outside edge will hear an uneven rhythm, longer rip with the inside edge, shorter with the outside.