

# Floor Exercises

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

Great skating skills are NECESSARY to 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 for proper skating development.

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 #4 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? Call Coach Randall

Players' Name \_\_\_\_\_

I have completed my floor exercises: Date \_\_\_\_\_

September 2013						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2013						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Please Note The Following based on 35+years of research and over 27,950 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 1/4" above the players collar bone or shoulder**

Blade: start with mild curve, little or no twist

Shaft: Young players, 40 – 50 flex, Easton or similar. Older players 80 – 100 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:**

**One.4, One.6 for flat feet and or narrow feet**

**Nexus 200 or 400 for high instep only**

#### **Bauer Senior Models:**

**Nexus 400, 600, or 800. Best choice for most players**

**One.6 for flat feet and or narrow feet**

#### **Bauer Model:**

**Vapor (all #s)**

**STILL NOT RECOMMENDED** there are still balance problems for most players.

Player must have high instep, very bowed legs, and be an aggressive player 150lbs+.

Vapor models are the worst choice for players with low instep, flat foot, or knock knees

**Forward knee bend is somewhat restricted** especially for lighter, smaller players.

**Graf: Good** for those who prefer a softer boot **AND** have a high instep.

Player **should** be an **ADVANCED SKATER** (not just player) for best results.

Blades must be radiused to **"9 feet at zero"**, consider replacing Cobra blades with Tuuk blades

**CCM: NOT RECOMMENDED** as blades give low response vibrations to sense of feel, boots are better, replace blades with "Tuuk" if you like these boots. Lower # models better choice.

**ALL** other skates do not balance well, flex properly, or are too stiff for **fluid like skating**.

**WHEN the next major break through in skates happens, we will let you know. The last one was the TUUK blade design in the mid 1970's. Don't be fooled!! Actual player performance results are the ONLY information supporting our recommendations.**

### **Additional Skate Info:**

**Sharpening:** Request 3/8" hollow for all players in training, this forces/causes proper placement of foot and body-blade alignment

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

**Radius all blades to "9" @ Zero "(centered)**

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

Longer skate blades are better for growing players

Replace worn out, or over sharpened blades

Used skates not recommended due to an 85% pronation (flat foot)

Pronation causes skating boots to permanently collapse inward

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

1. TUUK (radius jr models to 9') (used by 80%+ of NHL)
2. Cobra (Graf) (radius to 9')
3. CCM (radius to 9')
4. Reebok
5. Easton

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