A2 Gaston Forward and Back Skating and Transition Turn

Key Points:

Be in a strong athletic position with the knees bent, seat down, shoulders no farther forward than the knees and the head up. The skating stride starts with a fall and about 3 forward pushes and then it is a sideways motion. When skating backwards stride sideways and don't turn the heel to the inside. Replace the Mohawk turn with the much more efficient Transition Turn.

Description:

Gaston Schaeffer leads a group of 12-14 year old girls and boys. They cover:

- 1. Forward long stride.
- 2. Forward medium stride.
- 3. Quick start.
- 4. Basic backward stride and starting.
- 5. Transition turn from front to back that is much more efficient than the Mohawk Turn.

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There are other videos of Gaston teaching turning, stopping and these strides. Gaston talks about the skating stride. mediagallery/media.php?f=0&sort=0&s=20080723113220687 and demonstrates mediagallery/media.php?f=0&sort=0&s=20080723113220687

Picture is of Gaston and Gaston Jr. At a hockey camp in Winfield B.C.

Gaston and Gassy.jpg

A2 Gaston Forward and Back Skating and Transition Turn.pdf

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By: TomM (offline) on Thursday, April 21 2011 @ 07:54 AM CDT

A2 Transiton Turn Forward to Backward

Key Points:

Practice turning from front to back and don't lose any speed. This turn is smooth with a minimum of crossovers.

Description:

Gaston Schaeffer teaches an efficient transition turn from forward to backward. The benefit of this pivot is that the player keeps the skating momentum.

If skating to the right the weight is on the right leg and the left skate goes behind at an angle to the turn, the player transfers the weight to the left leg and does a crossover.

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A3 Forward and Backward Striding.jpg





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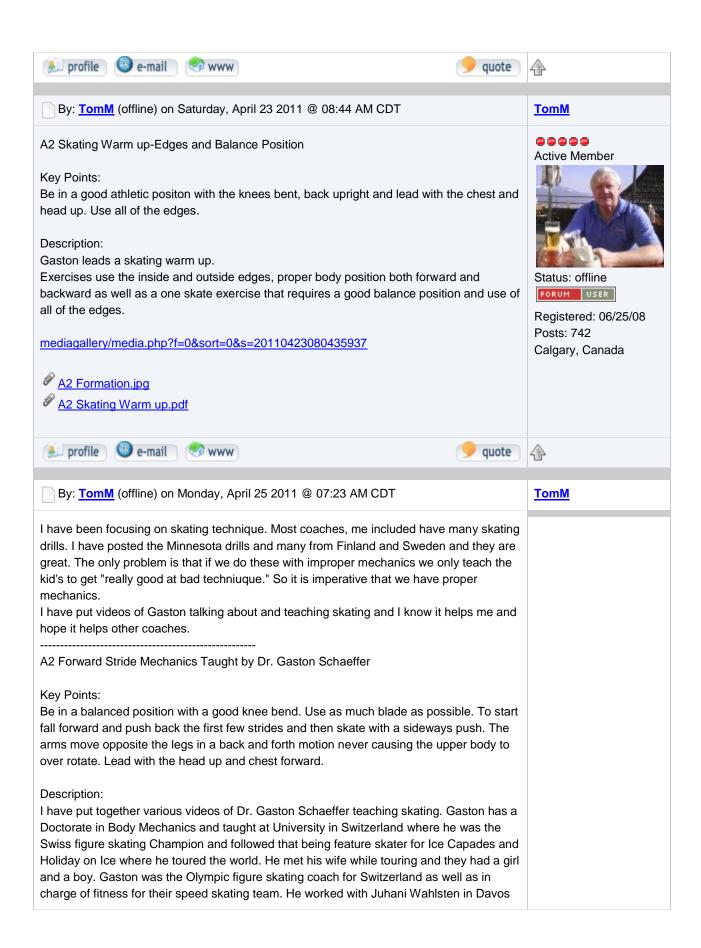
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when Juuso was coaching there.

Gaston Junior demonstrates the forward stride. He is one of the most powerful skaters I have seen. He suffered a major injury at 18 and stopped playing but his techique is perfect.

The video goes in this order.

- 1. Gaston talking about the mechanics of the forward stride while I film him on my deck.
- 2. Gaston and his son doing an on ice demonstration with Gaston describing the important points of the stride.
- 3. Gaston leads a group through a forward skating and balance warm up.
- 4. Gaston teaching that group the mechanics of the forward stride starting with the long stride first, then the start and the medium length stride.
- 5. Gaston leading a U17 skills group. Dany Heatley came and skated with them that day. He had just won the NHL Roookie of the Year. He came as a favour to me to say hi and skate about 15 minutes but because we did transition games all practice he stayed and played and did the skating as well (he has a black sweatsuit and hat on).

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