



## Skating Program at SSM

**Skating Technique** - The brain cannot learn when the body moves madly. It needs to assimilate information. It needs first to figure things out and then to transfer signals to the muscles so that the muscles can perform correctly.

### **Sessions 1-8**

These sessions will be in small group with 4 players per group.

- Session 1-4 Balance, Technique and Edges
- Sessions 5-8 Balance and Power

### **Days**

- Tuesdays and Thursday Nights

### **Dates & Times:**

**April 12<sup>th</sup> – 14th**

7:30-8:15PM – Group #1

8:15-9:00PM – Group # 2

9:00-9:45 PM – Group #3

**April 19<sup>th</sup> – May 5th**

6:15-7:00PM – Group #1

7:00-7:45PM – Group # 2

7:45-8:30 PM – Group #

### **Sessions 9-16**

These sessions will be putting all the skills learned in sessions 1-8 to create **Speed**

These sessions are all about speed with and without pucks.

### **Days and Dates**

- Monday-Thursday Nights
- May 9<sup>th</sup>-12<sup>th</sup> and May 16<sup>th</sup>-May 19th

### **Times:**

6:30 PM – 7:30 PM

**Cost:** \$825.00 per player

## **Philosophy**

### **The best way to go fast is to first slow down.**

In my WSA Skating System we teach each part of a skating maneuver separately. We then combine the parts to create the whole (completed) move. There are dozens of hockey maneuvers. Each maneuver has many parts. For example there are at least 40 parts to the move called, "The Forward Stride". After teaching the parts, we now introduce one other elements, such as the puck. Technique blows up - at least for awhile. The brain must assimilate the added element and transfer this information to the muscles. Now we add another element, such as skating fast with the puck. Technique blows up again. Apply this building block process to all the hockey maneuvers and you'll understand why it takes years to teach and years to master hockey skating.

### **The process:**

- Learn first to execute a maneuver correctly.
- Then correctly and powerfully.
- Then correctly, powerfully, quickly.
- Then correctly, powerfully, quickly with the puck.

### **Weezy's Skating Academy - Roster of Students**

Derek Stepan –NHL NY Rangers

Ryan McDounagh – NHL NY Rangers

Dan Sexton – KHL

Jeff Taffe – Swedish League

Justin Faulk- NHL Carolina Hurricanes

Jordan Schroeder – NHL MN Wild

Jonhy Brodzinski – AHL Manchester

Ian McCoshen – Boston College 31<sup>st</sup> 2013 NHL draft Florida Panthers

John Draeger- MSU 68<sup>th</sup> pick 2012 NHL draft MN Wild

Zach Stepan- Minnesota State 112<sup>th</sup> pick 2012 NHL draft Nashville Predators

Michael Brodzinski – U of M – 141<sup>st</sup> pick in 2013 draft San Jose Sharks

Drew Brevig – Ohio State University

JP LaFontaine – Minnesota State

And many other top end players

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