

Develop explosive acceleration, speed, and agility and dominate the ice! Laura Stamms Power Skating presents the skating system used by thousands of the sports top players and teams to move with maximum efficiency on the ice. From starts and stops to turns and transitions, Laura Stamms Power Skating covers all of the critical components of explosive skating. Through top-level instruction, practice drills, and coaching tips, you'll learn these skills:

- Increase on-ice acceleration.
- Improve balance while changing directions on the ice.
- Increase speed and agility to disrupt aggressive defensemen.
- Explode from a stationary position and stop more rapidly.
- Increase puck protection without sacrificing speed.
- Use speed and agility to create more scoring chances for yourself and teammates.

The great hockey players skate powerfully and are able to get in position to make the key plays. Laura Stamms Power Skating will give you that explosive edge on the competition.

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window.ue_csm.cel_widgets = [ { id: detail-bullets }, { id: featurebullets_feature_div }, { id: summaryContainer }, { s: #revMHRL > DIV , id_gen: function(elem, index) { return custRev + (index + 1); } }, { id: sims_fbt }, { id: purchase-sims-feature }, { id: session-sims-feature }, { id: quickPromoBucketContent }, { id: productDescription }, { id: technicalSpecifications_feature_div }, { id: prodDetails }, { id: related_ads }, { id: technical-data }, { id: tagging_lazy_load_div }, { id: consumption-sims }, { id: moreBuyingChoices_feature_div }, { id: product-ads-feedback_feature_div }, { id: DAcrct }, { id: vtpsims }, { c: celwidget }, { id: fallbacksessionShvl }, { id: rhf }, { id: unifiedLocationPopoverSelections } ]; (function(a){var b=document.ue_backdetect;b&&b.ue_back&&a.ue&&(a.ue.bfini=b.ue_back.value);a.uet&&a.uet(be);a.onLdEnd&&(window.addEventListener?window.addEventListener(load,a.onLdEnd,!1):window.attachEvent&&window.attachEvent(onload,a.onLdEnd));a.ueh&&a.ueh(0,window,load,a.onLd,1);a.ue&&a.ue.tag&&(a.ue.furl&&a.ue.furl.split?(b=a.ue.furl.split(.))&&b[0]&&a.ue.tag(b[0]):a.ue.tag(nofls)))(ue_csm); var ue_pty=Detail, ue_spty=Glance, ue_pti=0736076204; v (function(g,h){function d(a,d){var b={};if(!e !f)try{var c=h.sessionStorage;c?a&&(undefined!==(typeof d?c.setItem(a,d):b.val=c.getItem(a)):f=1}catch(g){e=1}e&&(b.e=1);return b}var b=g.ue {},a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(a=a.val,a (a=b.oid NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val 0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(ue_csm,window); (function(b,c){var a=c.images;a&&a.length&&b.ue.count(totalImages,a.length)})(ue_csm,document); (function(m,h){function I(a){if(a)return a.replace(/\\/s+ //s+$/g,)}function x(a,e){if(!a)return {};a.m&&a.m[k]&&(a=a.m);var b=e.m e[k],b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.target&&a.m.target.tagName?b+(Error handler invoked by +a.m.target.tagName+ tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown error,b={ m:b,f:a.f a.sourceURL a.fileName a.filename a.m&&a.m.target&&a.m.target.src,l:a.l a.line a.lineno a.lineNumber,c:a.c?a.c:c,s:[],t:m.ue.d(),name:a.name,type:a.type,csm:J+(a.fromOnError?onerror: ueLogError)},d,c,g=0,f=0,n;c=h.location;d=a.stack (a.err?a.err.stack:);b[y]=e[y] c&&c.href missing;b[p]=e[p] z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.performance&&h.performance.timing&&(c=h.performance.timing,f=window.performance&&window.performance.now&&window.performance.timing?window.performance.now()+window.performance.timing.navigationStart:+new Date,b.ld=0l.mx))){l.ec++;l.ter.push(a);e=e {};var b=a[p] e[p];e[p]=b;e[q]=a[q] e[q];b&&b!=z l.ecf++;w(a, e)}}function w(a,e){if(a){var b=x(a,e),d=e.channel M;if(ue.log.isStub&&h[u]&&h[u][v]){var c={};c[d]=b;try{var g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.ue_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n!=(f[D]&&f[D](E,g))){var l;if(h[F]){var k=new h[F];k.onerror=s;k.ontimeout=s;k.onprogress=s;k.onload=s;k.timeout=0;l=k}else{var p;if(h[G]){var q=new h[G];p=withCredentialsin q?q:void 0}else p=void
```

```
0;l=p}n=1}if(d=n){d.open(POST,E,!0);if(d[H])d[H](Content-type,text/plain);d.send(g)}}catch
(r){}}else m.ue.log(b, d,{nb:1});if(!a.fromOnError){g=h.console { };d=g.error g.log
s;c=h[u];f=Error logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieUserJava):
;if(c&&c[v])try {f+=c[v](b)}catch(t){f+=no info provided; converting to string failed}else
f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,N=navigator,D=sendBeacon,v=stringify,u=JSON,p
=logLevel,q=attribution,y=pageURL,r=skipTrace,H=setRequestHeader,k=message,s=function
(){},E=//+m.ue_furl+ /1/batch/1/OE/,l=m.ue_err,M=m.ue_err_chan
jserr,z=FATAL,J=v6,A=20,t=256,L=RegExp( (?([ ^ s ]*):( d+): d+ )?.split(
).join(String.fromCharCode(92))),K=/.*@(.*):(//d*);x[r]=1;C[r]=1;w[r]=1;(function(){for(var
a,e=0;e (function(c,d){var b=c.ue,a=d.navigator;b&&b.tag&&a&&(a=a.connection
a.mozConnection
a.webkitConnection)&&a.type&&b.tag(netInfo:+a.type))}(ue_csm>window);
(function(c,d){function g(a,b){for(var c=[],d=0;d ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:function(){return void 0!==(b 0)}}function
h(a,b,c){return{name:a,getFeatureValue:function(){return b===c 0}}function
g(a,b){return{name:a,getFeatureValue:function(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) ) ue._bf.modules.push( ue._bf.mpm(cc_ie6, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie7, 1) ) ue._bf.modules.push( ue._bf.mpm(cc_ie8, 1)
) ue._bf.modules.push( ue._bf.mpm(cc_ie9, 1) ) (function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=(/[w//-]+)/);a=null!==(a?a[1]:null);var
b=ue_sid,c; c=Date.now?Date.now():(new Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&ue_sid&&(d[ue_sid]=1,e.attach(beforeunload,c),setI
nterval(c,1E3))}(ue_csm>window,document); ue_csm.ue.exec(function(e,f){var a=e.ue
{ },b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_previousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&b&&a.ssw(CSM_previousURL,b);d=c?reload:d?int
rapage-transition:first-view}else d=unknown;a._nt=d},NavTypeModule)(ue_csm>window);
var ue_mbl=ue_csm.ue.exec(function(e,a){function k(f){b=f
{ };a.AMZNPerformance=b;b.transition=b.transition { };b.timing=b.timing
{ };if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&a.cordova.platformId&&ios===cordova.platformId?
!1:!0:!1)&&b.tags instanceof Array){var c;c=-1!=b.tags.indexOf(usesAppStartTime)
b.transition.type?!b.transition.type&&-1
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