

Please Note The Following based on 33+years of research and over 27,000 Students in our schools.

Stick Height

Fact: top goal scorers usually have the shorter sticks

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

Current Skate Recommendations:

Bauer Youth & Jr. Models 30, 50, One05, One15, One 35, One 55 or any older Classic Supreme

Beginner thru intermediate

Players 30 -85 lbs.

Always check blade alignment and **length on all youth skates**

Bauer Model 30, 50, One 35, One55, One 75, or any older Classic Supreme

Great choice for all players

Bauer Model Vapor, All Nike, NOT RECOMMENDED (balance problems for most players)

Player must have high instep & very bowed legs

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

Forward knee bend is restricted especially in lighter players

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

Graf Excellent for those who prefer a softer boot

Player **needs** to 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

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 performance results are the driving force behind our recommendations.

Additional Skate Info:

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

Request 1/2" hollow for recreational players

Radius all blades to " 9' @ Zero ", especially youth size 13 & smaller

Blade holder length should be no shorter than 1/4" from the toe or heel of skate boot

Longer skate blades are better for growing players

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

Replace worn out, or over sharpened blades

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

Pronation causes skating boots to permanently collapse inward

Blade Ratings, based on player balance and performance:

1. TUUK (used by 80%+ of NHL)
2. Cobra (Graf)
3. PROLITE (radiused to 9')
4. Easton
5. SLM & All Others Not On List

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