How to become a Successful Ice Hockey Player by Crystal Vea

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The national winter sport of Canada, in Edmonton, Hockey has a huge fan following. Ice hockey, also called hockey is a team sport played on ice. There are two teams of six players each. Five team members from each team skate on the ice and using wooden or composite sticks, shoot a hard rubber puck into the rival teamâ€™s net to score a goal.

Developing the right skills to play Ice hockey in Edmonton requires a lot of practice. While there are several books that offer great advice, physical practice is the best way. Books usually offer good ideas for practice drills focused on specific hockey skills like the backhand, snap shot, wrap around, wrist shot and so on. Training camps are also a good option although a majority of these are for children.

Improving Skating Skills

The main thing to do to become a successful Edmonton ice hockey player is practice skating skills to enable you manoeuvre dexterously on ice and stay steady through the game. This needs plenty of time especially for those who are beginners. To skate in a straight line, your knees must be well bent with your head up and legs shoulder width apart. The idea is to stay balanced yet powerful by aligning the body properly. Start by practicing a simple skating drill where you set up cones down a rinkâ€™s length and weave around them as you skate down the rink. Remember to focus on:

â€¢ Your footwork

â€¢ Doing this drill using a puck along with your stick

â€¢ Skating with your head up, not down

â€¢ Practicing to stop abruptly

It is not enough to gain power and speed. Expert Edmonton ice hockey players execute tough manoeuvres easily and smoothly. It is necessary to master the basics and use the right technique before going further.

Practising shooting and passing skills

Shooting and passing are important ice hockey skills. This involves learning how to hold your stick and maintaining proper control. The stick must be in contact with the puck at the beginning of the pass or shot as you firmly push it away and follow it up with your stick.

General tips to improve as an Edmonton hockey player

When you practice, devote some time to hone your fundamental skills which include shooting, passing and skating. Professional hockey players also do this. Identify your weaknesses and focus on them. For example if receiving passes or tackling opponents is your weakness, practice those. Ideally, you should enrol in a club or be part of a team so that your coach can recommend the right drills for you.

Ensure that you develop your general fitness, which is necessary as ice hockey is a physically demanding sport. Ultimately, it is regular practice and focus on your strengths and improving your

weaknesses that will make you a good Edmonton hockey player.

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Crystal Vea - About Author:
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