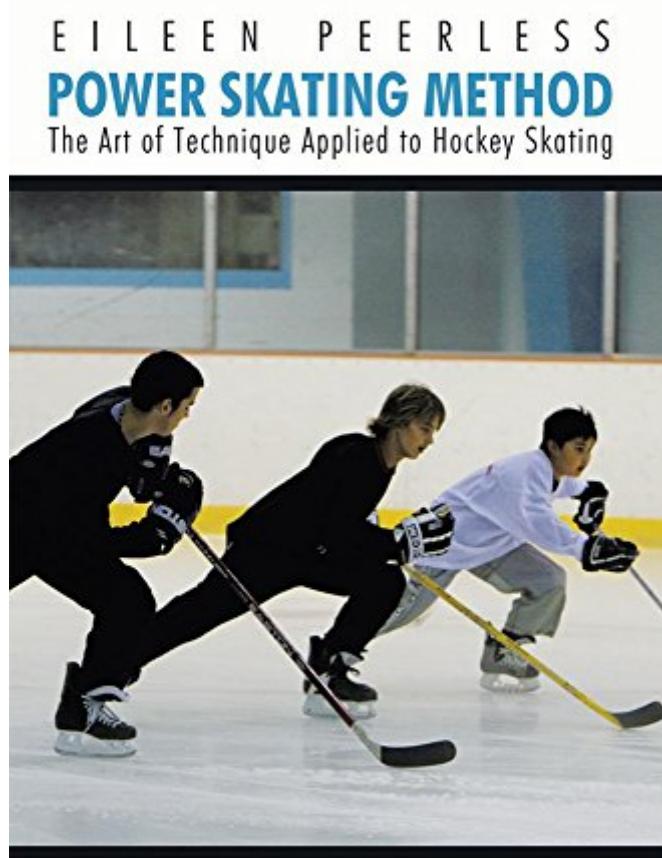


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# Eileen Peerless Power Skating Method: The Art Of Technique Applied To Hockey Skating



EILEEN PEERLESS



## **Synopsis**

Eileen Peerless Power Skating Method offers proven techniques from a power skating expert that will help hockey skaters of all ages, abilities, and levels to improve power, speed, and overall performance on the ice. Relying on her nearly three decades of experience teaching hundreds of hockey players, Eileen Peerless shares practical skills that can be used in real game situations. Peerless divides her guidebook into three sections—balance, stride, and agility. She provides a solid foundation of step-by-step methods, team and individual drills, and clear illustrations that will help any hockey player develop into an excellent skater. Skaters will learn how to: • improve balance by developing better edge control and skate placement; • implement a strong, powerful stride that uses the body for strength; • master agility and increase speed by turning and stopping properly. Knowing where the body belongs in every skating maneuver is critical to improving skating technique, speed, and balance. Eileen Peerless Power Skating Method provides the kind of methods that, with practice and dedication, will lead both beginning and advanced hockey athletes to achieve unlimited success on the ice.

## **Book Information**

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## **Customer Reviews**

The techniques taught in the book are exactly the way elite hockey players skate, e.g, skates return to the ice in a wide stance, not a narrow "V" stance, and backwards skating uses straight extensions of the leg, not C-cuts. Watch any video of a top NHL'er skating at full speed, and they are using the same techniques taught in Peerless's book. Very few skating instructors teach proper hockey-specific skating techniques, most likely because they have a background in figure skating or are only mimicking older styles of instruction. Lastly, this book does, in fact, include a free video that demonstrates most of the drills, if you take the time to follow the instructions at the end of the book.

This book doesn't have enough illustrations to teach skating. Good concepts but not much to look at.

I bought this book based on a couple of videos I saw on the web. I figured she was the unknown version of Laura Stamm. I understood her instructions as explained in her videos, I thought maybe the book would include a cd or dvd of video explanations but it did not. With the book alone, it's almost impossible to follow. Trying to understand how to do some of the techniques without video backup to actually watch, you're basically wasting your time. I know this woman knows her stuff, but I gave the book one star because you can't learn some of the more advanced techniques without watching someone do it first. Maybe 1 or 2 percent of people can, but I know I can't.

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