The Theory of Hockey Skating defines five stages of skating during a hockey game. These stages define how players move on the ice throughout a game.

Hockey Biomechanics, Inc. is in the process of a multi-year study of the impact of these stages on the game, how players transition between the stages and train. The stages have proven that hockey players should skate differently depending on the situation in the game and challenge traditional player conditioning concepts. The percentages are “Estimates” because they are based on a data through the end of 2012. The sample size is too small to make a definitive statement.

**Stage 1: High Impact – No Movement (Estimated 2%)**
- a. Player is trapped or battling in a spot
- b. No movement but High Impact

**Stage 2: No Impact – No Movement (Estimated 12%)**
- a. Two feet on the ice standing still or easy slight drifting movement on the ice
- b. Minimal movement other than head or body adjustment to see and read plays

**Stage 3: Low Impact Skating (Estimated 40%)**
- a. One or Two Feet On The Ice & Slowing Down
- b. Body Position
  - i. Legs slight bend & upper body is up
  - ii. Generally flat or slight edge (inside or outside)
  - iii. An occasional light push for minimal movement

**Stage 4: Medium Impact (Estimated 35%)**
- a. Maintain speed or gradual increase of speed
- b. Skating technique
  - i. Full extension stride (emphasis is on the glide)
    - 1. Middle return is acceptable
    - 2. Maximize efficiency to reduce fatigue
  - ii. Includes shuffle stride or backward “C-cut”

**Stage 5: High Impact (Estimated 11%)**
- a. An aggressive change of speed
  - i. Acceleration
  - ii. Hard Stop
- b. Skating at full speed forward or backward
- c. Stride is shorter and wider to land on the inside edge to maximize “grip and go movements”