

Types of Stroking

What Is Stroking?

Stroking is not a branch of skating, it is a series of drills that combine crosscuts, edges and turns into repetitive patterns designed to improve efficiency. To be effective, drills must:

- Be suitable for the age, skill level and physical maturity of the skaters
- Be applicable to the skills used in skating
- Be done correctly

Stroking classes provide skaters with an opportunity to execute drills without obstruction making it easier to focus on technique. Conditioning is derived from improved technique that leads to improved efficiency. Although speed is important, a good stroking class will not sacrifice technique for speed.

A well-run class supports the achievement of goals in a supportive and positive environment. This is only possible when skaters try. Skaters are expected to participate willingly and with their best effort. This means adhering to the following rules: Attend regularly, Be punctual, No talking, No chewing gum, Try!

Here is a description of the various types of stroking done in classes:

Cardio: In the lower sessions the exercises will be simple- mostly crosscuts and edges. As skaters progress the skills will become more complex, will include a wider variety of turns and edges and will be executed quicker. Cardio classes can comprise any other type of stroking provided the exercises are performed in fairly rapid succession and are executed with speed.

Crosscut Technique: power acquisition, flow and posture. Proper crosscut execution is important at all levels.

Edge-Turn Stroking: edges and turns as the foundation for exercises. Edge-Turn exercises require skaters to change their weight on their blade quickly. Skaters execute edges and turns repeatedly within set patterns at speed. The turns and the exercises will become more complex and quicker as skaters advance toward the Senior level.

Dance Stroking: compulsory dance movement as the foundation for the exercises. Dance stroking is Dance technique- based and is designed to improve compulsory Dance performance.

Creative Stroking: stroking in which the skaters themselves create portions of the exercises. Skaters are provided with a structure that defines the type of movement to be used. Within that structure skaters are free to improvise certain portions. Creative Stroking requires skaters to focus on body movement and allows for personal expression.