



Ice Skating Basics

Aaron Foeste

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You don't have to be Tara Lipinski or Wayne Gretzky to enjoy taking a spin around the rink! Whether you want to teach a child, master a couple of twirls, play some hockey, or just skate recreationally, here are all the basics, complete with lots of full color photographs showing every detail of blades, boots, glides, turns, and bends. Learn the differences between figure and hockey skates; how to ensure proper fit; what clothing to wear; and the essentials of skate care. Help kids adjust as they step onto the ice the first time and take those inevitable falls. You'll find ways of training even the smallest youngsters and increasing their fun. Plus, you'll get tips on guiding more advanced skaters, choosing group or private lessons, and doing exercises that build skating skills. Nor is the adult beginner forgotten: you'll find everything from warmups to stopping and turning techniques that will have you skimming confidently across the ice in no time! 96 pages (all in color), 8 x 10. NEW IN PAPERBACK.

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