



U S S P E E D S K A T I N G

WEIGHT TRANSFER

You will often times hear US team coaches talking to their athlete about weight transfer. Surprisingly enough this has nothing to do with picking up heavy objects and moving them a few feet and then putting them down.

Weight transfer refers to that once the fall and push have been completed all your weight is on the other foot and not still on inside of your body. In order for each much to have maximum effect into the ice it is imperative that your whole body is over your pushing leg.

An easy test for this is to look down slightly after each push and see if your nose is line up with you knee and outside of your foot. If you see this then you have full weight transfer and you are ready for your next push. If not then imagine a string pulling your hip over so that your nose is lined up correctly.