

# Benefits of the Original Professional Slideboards

## Explosive Power

Think about all the sports that put athletes through some type of lateral movement of the lower extremities. There are very few sports that do not include such lateral motions.

Now think about training devices that accurately mimic those lateral movements and positively stress the muscles involved. The phrase, "few, if any," applies. One of the rare devices that accurately addresses the specific lateral movements for sports such as ice hockey, field hockey, football, soccer and baseball is the simple slideboard.

At our facility in Canton, Mass., we have had great success using the slideboard to condition the muscles used for lateral movements in numerous sports, including ice hockey, field hockey, football, soccer, basketball, and baseball. The slideboard is an effective preseason conditioning tool for all of these sports because it closely mimics the actual lateral movements athletes use on the field or on the ice.



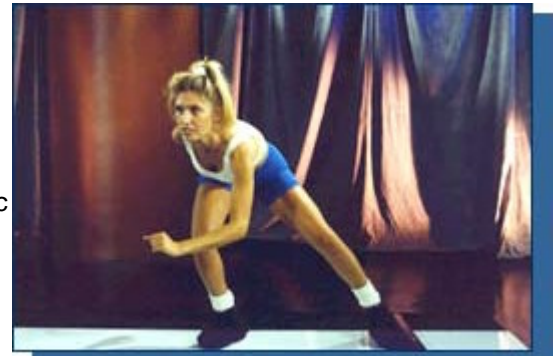
*Training & Conditioning, 11.7, October 2001,*  
<http://www.momentummedia.com/articles/tc/tc1107/sliding.htm>

## Increased Speed

Think about all the sports that put athletes through some type of lateral movement of the lower extremities. There are very few sports that do not include such lateral motions.

Now think about training devices that accurately mimic those lateral movements and positively stress the muscles involved. The phrase, "few, if any," applies. One of the rare devices that accurately addresses the specific lateral movements for sports such as ice hockey, field hockey, football, soccer and baseball is the simple slideboard.

At our facility in Canton, Mass., we have had great success using the slideboard to condition the muscles used for lateral movements in numerous sports, including ice hockey, field hockey, football, soccer, basketball, and baseball. The slideboard is an effective preseason conditioning tool for all of these sports because it closely mimics the actual lateral movements athletes use on the field or on the ice.



Slideboards are among the simplest of training devices. They have smooth, flat surfaces about 24 inches wide and they typically range in length from seven to nine feet. Most commercial slideboards come with special slippers that athletes use while exercising, and the only maintenance required is the occasional application of no-wax furniture polish to the slideboard surface.

At a distance, a modern slideboard could be confused for a rectangular countertop lying on the floor of a gym. But that simplicity masks the slideboard's potential and adaptability

**A good example is to compare a slideboard lateral conditioning workout for a hockey forward with that of a baseball shortstop. Both the shortstop and the forward need anaerobic conditioning for speed, and I would create a high work-to-rest ratio of 1:3 for both athletes. However, the hockey forward requires a much higher level of conditioning than the baseball shortstop. As a result, both athletes would get a work-to-rest ratio of 1:3, but the length of the intervals would be different: The shortstop would work 15 seconds, then rest 45 seconds, while the forward would work 30 seconds, then rest 90 seconds.**

*Training & Conditioning, 11.7, October 2001,*  
<http://www.momentummedia.com/articles/tc/tc1107/sliding.htm>

# Benefits of the Original Professional Slideboards

## Enhanced Agility

Without proper technique, no amount of off-ice training will help a player optimize his or her skating. On the other hand, without a good physiological base of strength, explosiveness, and muscular endurance (in a good skating position) skating instruction will have less effect."

My power skating programs (particularly those for elite hockey players) include a broad base of off ice training - plyometrics, strength and power development, explosiveness, muscular endurance and flexibility - along with a broad base of instruction in the intricacies of hockey skating. Players work on skating technique as well as conditioning on **slideboards** and skating machines. Some on-ice sessions involve sprinting (over-speed training). But I *always* emphasize that players must try to perform properly, even while executing difficult maneuvers at speeds that are out of their (current) comfort zones.



**Skate Great Hockey,**  
**Laura Stamm**  
Copyright, December, 2002

## Increased Endurance



Without proper technique, no amount of off-ice training will help a player optimize his or her skating. On the other hand, without a good physiological base of strength, explosiveness, and muscular endurance (in a good skating position) skating instruction will have less effect."

My power skating programs (particularly those for elite hockey players) include a broad base of off ice training - plyometrics, strength and power development, explosiveness, muscular endurance and flexibility - along with a broad base of instruction in the intricacies of hockey skating. Players work on skating technique as well as conditioning on **slideboards** and skating machines. Some on-ice sessions involve sprinting (over-speed training). But I *always* emphasize that players must try to perform properly, even while executing difficult maneuvers at speeds that are out of their (current) comfort zones.

**Skate Great Hockey,**  
**Laura Stamm**  
Copyright, December, 2002