



# How to Build a Slideboard

10/89  
Rev. 12/97

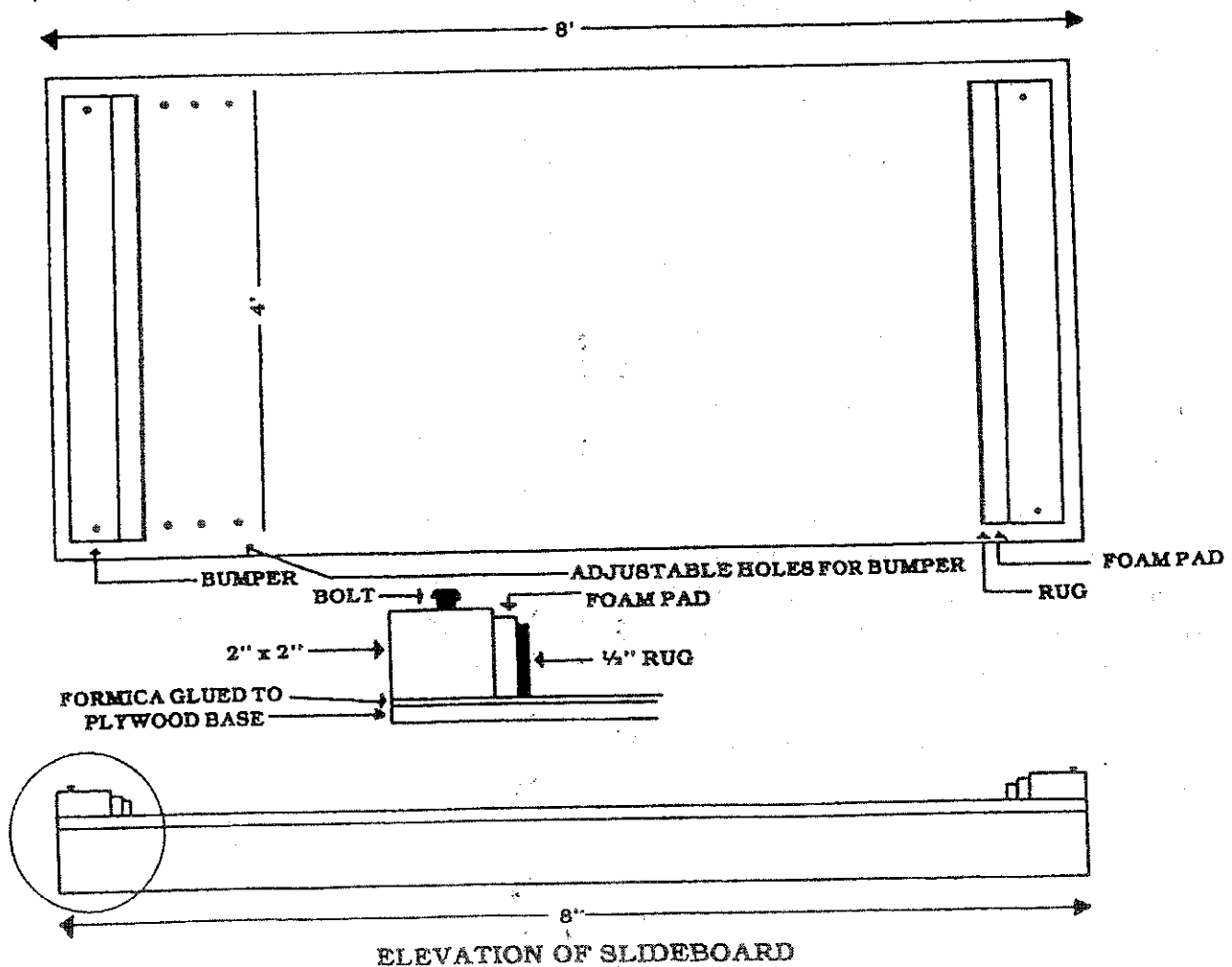
In the training video, "Champions Train to Win," there is a significant section on training on a slideboard. The video does a great job of explaining and demonstrating the proper technique for using a slideboard. The benefits of a slideboard are to increase power and improve stroking techniques.

## Materials needed:

- one - 4' x 8' x 3/4" sheet of plywood
- one - 4' x 8' sheet of Formica or plastic
- two - 4' sections of 2" x 2" wood stripping
- two - 4' lengths of foam padding to glue on wood strips
- four - 3/8" x 3" bolts with washers
- carpenter's glue
- furniture polish or paste wax

## Instructions:

1. Glue the Formica or plastic sheet to the plywood.
2. Drill 3/8" holes in the board. Start 2" in from the end and 2" in from the side. Drill holes every 2" moving toward the center of the board (see diagram). Seven or eight holes should be enough. The holes make the bumper of the slideboard adjustable for skaters of different heights.
3. Drill 3/8" holes in the 2" x 2" wood strips to match the holes in the board.
4. Wax the Formica or plastic thoroughly to ensure a smooth, slippery surface for easy gliding. The surface will need to be rewaxed frequently.
5. Bolt the wood strips onto the board.
6. Glue the foam padding onto the wood strips. You may also glue a strip of carpeting over the foam padding for extra protection as skaters hit against the bumpers.



## Using the Slideboard:

To begin, skaters should work out in stocking feet or put socks on over shoes for easy gliding. After skaters get the "feel" of using the board, they may wear shoes covered by socks to protect their feet from bruising as they increase the power of their strokes.

Start slowly and learn the proper technique for stroking and arm swing. It has been recommended to use a starting pace of 40 beats per minute on a metronome for five minutes.

1. Shoulders and hips should be parallel to the board with the body in the normal skating position. The upper body should aim forward with knees bent, and skaters should always look ahead (not down) as if they're looking down the straightaway. Knees should be bent at a  $90^\circ$  angle; hips at  $65^\circ$  to  $80^\circ$  and body weight centered on the middle of the back half of the foot, straight down from the ankle. Keep the upper body still; do not bounce up and down.

2. The "push" with each stroke is directed straight to the side with the pushing leg extending completely after each stroke. The pushing foot should remain flat on the surface. As the pushing foot pushes, the same arm comes forward, while the opposite arm goes backwards.

3. The skater glides across the board with both feet on the surface, the pushing leg and foot remaining stretched out. The support leg is held slightly outside the body, which is the only important difference between the slideboard and actual skating motion.

4. As the supporting foot strikes the bumper, the "trailing foot," with the toes pulled slightly upward, should slide slightly past the supporting foot before the take-off for the next stroke. The support leg now becomes the pushing leg as you repeat the motion going to the opposite bumper.

5. Arm swing should duplicate that of normal skating motion with arms reversing direction on bumper contact.

