

K08 Hockey Flywheel

February 2010

Intro: Helping high school hockey players improve their crossover stride. That's the idea behind what's called the flywheel, a new training device developed in Minnesota, and tested in a study supported by USA Hockey and Mayo Clinic. Sports medicine doctors at Mayo are studying this device to see if it helps players skate better.

Video

Total running time 1:35

**Aynsley Smith, Ph.D.
Mayo Clinic**

Audio

“JUST KEEP YOUR FEET MOVING.
(SOUND) STAY LOW. DON'T LET IT
GET AHEAD OF YOU. IT'S A
CHALLENGE.”

“60% OF HOCKEY IS CYCLING. IT'S
TURNING. AND THERE'S NEVER
BEEN A TRAINING TOOL LIKE THE
SKATING FLYWHEEL TO HELP KIDS
BECOME MORE EFFECTIVE ON
THEIR CROSSOVER.”
MAYO CLINIC SPORTS SCIENTIST
DR. AYNSLEY SMITH, HEADS THE
TEAM STUDYING THE FLYWHEEL.
THEY WANT TO FIND OUT IF THIS
DEVICE HELPS SKATERS IMPROVE
THEIR CROSS OVER STRIDES.

Andy Blaylock
Designed flywheel

ANDY BLAYLOCK DESIGNED THE
FLYWHEEL.

“A BIG SPINNING DISK. WHICH
CREATES THE CIRCULAR MOTION
OF A TURN.”

Standup
Vivien Williams
Reporting

“THE FLYWHEEL IS MADE OF A
HIGH DENSITY POLYMER PLUS A
LUBRICANT TO MAKE IT AS
SMOOTHE AS ICE.”

THE STUDY INVOLVED THREE
GROUPS OF HIGH SCHOOL
HOCKEY PLAYERS. RESEARCHERS
TOOK THEIR BLOOD PRESSURE
AND PULSE RATES. PLUS, THERE
WAS OTHER TESTING SUCH AS
MEASURING HOW HIGH THEY CAN
JUMP. THEN ONE GROUP DIDN'T
SKATE AT ALL WHILE ANOTHER
GROUP PRACTICED CROSSOVERS
ONLY ON ICE 9 TIMES. THE THIRD
GROUP SKATED ON THE
FLYWHEEL 9 TIMES.

PRELIMINARY OBJECTIVE DATE

SUGGESTS THAT FOR MOST PLAYERS THE FLYWHEEL HAS BENEFITS, PARTICULARLY WHEN IT COMES TO POWER AND SPEED.

SUBJECTIVELY, ALL OF THE SKATERS IN THE STUDY WHO TRAINED ON THE FLYWHEEL FOUND IT TO BE BENEFICIAL AND RECOMMENDED IT HIGHLY. DR. SMITH SAYS IF FINAL DATA SHOWS THE FLYWHEEL TO BE AT LEAST AS GOOD AS SKATING ON ICE, THEN PLAYERS WILL HAVE ANOTHER TRAINING OPTION. FOR MEDICAL EDGE, I'M VIVIEN WILLIAMS.

Anchor tag:

Dr. Smith and Dr. Michael Stuart say there are differences between skating on the flywheel and real ice, especially because there's more resistance on the wheel. Skaters exerted more energy while practicing on it. She and her team continue to analyze data gathered from their research.

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