

How to Really Tie Hockey Skates: Less Foot Pain, More Ankle Action

Are you tired of foot pain and limited ankle action when playing hockey? It might be time to re-think how you're tying your skates.



How to REALLY Tie Hockey Skates; Less foot pain!

More ankle action! by Dennis Chighisola

★★★★☆ 4.7 out of 5

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Tying your hockey skates properly is essential for both comfort and performance. When your skates are tied too tightly, it can restrict blood flow and cause foot pain. When they're tied too loosely, your feet will move around inside the skate, which can lead to blisters and other injuries.

The good news is that tying your hockey skates properly is actually quite simple. All it takes is a little practice.

Step-by-Step Guide to Tying Hockey Skates

1. Start by lacing the skates loosely. You should be able to fit two fingers between the tongue of the skate and the top of your foot.
2. Once the skates are laced loosely, pull the laces tight at the bottom of the skate. This will help to secure your heel in the skate.
3. Next, pull the laces tight at the middle of the skate. This will help to support your arch and prevent your foot from moving around inside the skate.
4. Finally, pull the laces tight at the top of the skate. This will help to secure your ankle and prevent it from rolling.

Once your skates are tied, you should be able to stand up straight without your feet moving around inside the skate. You should also be able to bend your knees and ankles without any pain.

Tips for Tying Hockey Skates

* Use waxed laces. Waxed laces are less likely to stretch or break, and they will help to keep your skates tied securely. * Tie your skates in a figure-eight pattern. This will help to distribute the pressure evenly across the top of your foot. * Don't overtighten your laces. Overtightening your laces can restrict blood flow and cause foot pain. * If you have any pain or discomfort when skating, try loosening your laces.

Benefits of Tying Hockey Skates Properly

* Reduced foot pain * Increased ankle action * Improved performance *
Reduced risk of injuries

Tying your hockey skates properly is essential for both comfort and performance. By following the tips in this article, you can learn how to tie your skates in a way that will help you to play your best.

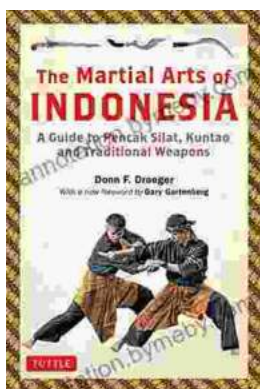


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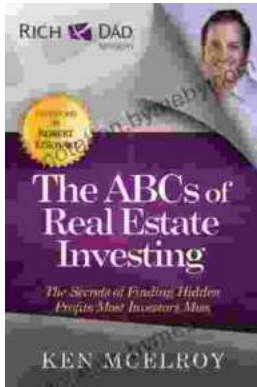
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