

## Powerskating Session 22 – (SQB, U12, mites)

*Pages 1-2 are straight line drills. Coaches will help assemble players in 5 equal lines on goal line. One coach will stay at that line to tell the next group of players when they can start. Others can provide individual feedback as they are skating the drill. We also need one coach to stay at the other goal line to help line up players in 5 equal lines and tell them when they can start.*

### **Drill – 2 ft. c-cuts frwd**

Description – Players will line up on goal line and do 2 ft c-cuts to far goal line from standstill with no other type of push.

Key Points – stay low, head does not go up and down, feet come together between c-cuts to within 1 foot

Increase Difficulty – make them bigger and generate more power

Duration – 4 min. – down and back

### **Drill – right foot c-cuts**

Desc – Players will push only with right foot c-cuts from standstill.

Key Points – the left blade will be on the flat of the blade/neither edge

Duration – 4 min. – down and back

### **Drill – left foot c-cuts**

Desc – Players will push only with left foot c-cuts from standstill.

Key Points – the right blade will be on the flat of the blade/neither edge

Duration – 4 min. – down and back

### **Drill – Alternating left and right foot c-cuts**

Desc – Players will push with right c-cut, then left c-cut

Key Points – the foot that stays straight must stay on the flat of the blade

Duration – 4 min.- down and back

### **Drill – Bkwd 2 foot c-cuts**

Desc. – Players will take correct bkwd skating stance at goal line and do bkwd 2 ft c-cuts to far goal line with no other type of push

Key Point – work both feet equally, bring feet within 1 foot under body between c-cuts

Duration – 4 min.-down and back

### **Drill – Bkwd right ft c-cuts**

Desc. – Players will start from standstill and pump only with right ft bkwd c-cuts

Key Points – Deep knee bend, left foot stays on flat of blade

Duration – 4 min. – down and back

### **Drill – Bkwd left ft c-cuts**

Desc. – Players will start from standstill and pump only with left ft bkwd c-cuts

Key Points – Deep knee bend, right foot stays on flat of blade

Duration – 4 min. – down and back

### **Drill – Alternating Bkwd c-cuts**

Desc. – Players will alternate left and right foot c-cuts bkwd

Key Points – The non-pumping skate stays on the flat of the blade, deep knee bend

Duration – 2 min. one length ice

### **Drill – 2 ft. Bkwd Sculling**

Desc.- Players will do a quick start bkwd from standstill into sculling

Duration – 2 min. one length ice

### **Drill – 2 ft and 1 ft frwd slalom, picking up right ft.**

Desc. – Players will line up on goal line. From standstill complete 2 ft slalom to first blue line, at first blue line pick up rt. foot to do 1 ft. slalom until next blue line or goal line as player desires. Player can go back to 2 ft slalom at second blue line if desire.

Key Points – Players should try to pull at the end of their inside and outside edge to gain speed.

Duration – 4 min. – down and back

### **Drill – 2 ft and 1 ft frwd slalom, picking up left ft.**

See above

### **Drill – 2 ft bkwd slalom**

*Coaches and players will meet at the center face off circle between each of the below drills. A coach will demonstrate the drill and each coach will then take 7-8 players to a face off circle to work on the drill in a small group. Try to take 7-8 players who are at the same skill level. Coaches will then provide individual feedback to players and help get players back to the center ice circle when each drill is finished. Coaches will also have their players switch directions on the circle at the 4 minute mark as each of the below drills is done counterclockwise as well as clockwise. If players get going too fast around the face off circle, have them stop and start over. They need to practice that first crossover anyway for quick starts.*

### **Drill – Frwd Pumping on Circle – both directions**

Desc – Players will start pumping from a standstill

Key Point – make sure the foot closest to the center of the circle is on an outside edge/little toe.

### **Drill – Frwd Outside Edges – both directions**

Desc – Players will start from standstill, pump 5 times, pick up foot furthest away from center and hold as long as possible, repeat.

### **Drill – Frwd Inside Edges – both directions**

Desc – Players will start from standstill, pump 5 times, pick up foot closest to center of circle and hold inside edge as long as possible, repeat

### **Drill – Cross and Hold Drill – counterclockwise and clockwise**

Desc – Player pumps twice on face off circle and then slides outside foot over inside to hold crossed position for three seconds. Count 1,2,3 out loud.

Key Points – control edges throughout drill. No wobbles.

Increase difficulty – by deepening knee bend

Duration – 8 min; 4 min. for each direction

### **Drill – Slow Full Push Frwd Crossovers – counterclockwise and clockwise**

Desc – Player will start from standstill on circle. Begin forward crossovers with long full pushes out and under. Count “one one thousand” for the first push and “two one thousand” for the second push. Tell them to push out through boards. Stop after every 30 seconds and have them start again from standstill. Go right into first crossover.

Key Points – try to get a full push off the second/undercut push

Duration – 8 min; 4 min each direction

### **Drill – Quick Short Push Frwd Crossovers – counterclockwise and clockwise**

Desc. – Players will start from standstill on circle facing out of the circle. Do a quick start/crossover start into forward crossovers on circle. Count “one two one two.” Have them stop after 10 seconds and start over from standstill to avoid them losing edges and falling.

### **Drill – Bkwd Pumping on the Circle – both directions**

Desc.- Players will start from standstill on circle, pump backward

Key Point – make sure players are getting the foot closest to the center of the circle on the outside edge/little toe side of skate.

### **Bkwd Outside Edges – both directions**

Desc. – Players will start from standstill, do 5 pumps, pick up foot furthest away from center of circle and hold outside edge for 8 seconds, coaches can count out loud. Repeat. Switch directions.

### **Bkwd Inside Edges – both directions**

Desc. – Players will start from standstill, do 5 pumps, pick up foot closest to center of circle and hold inside edge for 8 seconds, coaches can count out loud. Repeat. Switch directions.

### **Drill – Slow Full Push Bkwd Pumping/Crossovers – counterclockwise and clockwise**

Desc – Coach will explain perfect back crossover. Demonstate it. Players will start from standstill on circle. Players will start backward pumping. Coaches will tell players who get their inside skate (or the one closest to the center of the circle) onto an outside edge to move on to back crossovers. Some players will not move on to crossovers because the foot closest to the inside of the circle remains on an inside edge. Tell players to look over their inside shoulder so no crashes. Stop every 30 seconds and start over from standstill go right into first pump/crossover. No extra pushes.

Key Points – maintain edges and lean into circle, two pushes

Increase Difficulty by increasing size of pushes and lean into circle.

Duration – 8 min; 4 min each direction

### **Figure 8 Edge Drill**

Desc. – Players will lay gloves on ice 4 feet apart; stand in center of gloves and skate an 8 around gloves. Skaters will pick up outside foot to skate on forward outside edges. Then pick up inside foot to skate forward inside edges. Then do backward outside and inside edges.

Key Points – the skating ankle should remain perfectly still (no flipping edges). Deep knee bend.

Increase Difficulty – Turn shoulders 180 degrees from facing into center to facing out of circle while maintaining edges.

Duration – 8 min; 2 minutes per edge

### **Figure 8 Skating Drill – 6' diameter**

Desc.- Players will lay gloves on ice 6 feet apart; stand in center and make tight turns around gloves in a figure 8 pattern; completing a crossover on way into center of figure 8.

Key Tips – Players should increase their speed in the second half of each circle; ideally a full crossover is completed

### **Figure 8 Skating Drill – 4' diameter**

Desc. – Players will lay gloves on ice 4' apart; stand in center and make extremely tight turns around gloves in a figure 8 pattern; no crossover as enter center; instead player will pump outside foot or slight T push to gain speed.

*If Time permits: Players make 5 lines of skaters on the goal line and work the following drills to far goal line.*

### **Drill Walk on Balls of Feet**

Desc. – Players start from V stance on goal line. Take short steps on balls of feet with toes turned out and heels close. Repeat at near blue line, red line and far blue line. Work toward running on balls of feet into full stride.

### **Drill - Crossover Quick Start**

Desc. – Player stands still on goal line at 45 degree angle to direction going to skate. Does a crossover, then V stance running steps on balls of feet into full stride to red line. Repeat to far goal line. Practice starting from both directions of crossover.

### **Drill – Lunges**

Desc – frwd lunges goal line to goal line, right then left, turning toe out

### **Drill – Lateral Movement / Sliding Hockey Stops**

Desc. – Players will put gloves on ice 6' apart, stand in center of gloves, do a crossover step to right then left with a sliding hockey stop after each crossover step at each glove.

Add difficulty – Add a puck, add flashcards to get the player to look up, also add moving the puck in a figure 8 pattern around gloves as slide side to side.



## Power Skating Session 21 – BBL,PWA

*Coaches will help assemble players in 5 equal lines on goal line. One coach will stay at that line to tell the next group of players when they can start. Others can provide individual feedback as they are skating the drill. We also need one coach to stay at the other goal line to help line up players in 5 equal lines and tell them when they can start.*

### **Drill – Alternating left and right foot frwd c-cuts**

Desc – Players will push with right c-cut, then left c-cut

Key Points – the foot that stays straight must stay on the flat of the blade

Increase Difficulty – get lower and make them bigger and generate more power

Duration – 2 min.- down and back

### **Drill – Powerful Bkwd 2 foot c-cuts**

Desc. – Players will take correct bkwd skating stance at goal line, turn toes in, and do bkwd 2 ft c-cuts to far goal line with no other type of push

Key Point – work both feet equally, bring feet within 1 foot under body between c-cuts, their head does not go up and down

Difficulty – get lower and make them bigger and generate more power

Duration – 2 min.-down and back

### **Drill – Alternating Bkwd c-cuts**

Desc. – Players will alternate left and right foot c-cuts bkwd

Key Points – They don't sway their hips side to side and their head does not go up and down. The non-pumping skate stays on the flat of the blade, deep knee bend

Increase Difficulty – get lower and make them bigger and generate more power

Duration – 2 min. – down and back

### **Drill – 2 ft. Bkwd Sculling**

Desc.- Players will do a quick start bkwd from standstill into sculling which is similar to bkwd alternating C-cuts but the c-cuts are shorter, similar to backward straight-line skating in a game situation.

Duration – 2 min. one length ice

### **Drill – Exaggerated Forward Stride – Drag Toe In**

Desc. – Players will line up on goal line. From standstill do perfect forward stride in slow motion and dragging pushing toe back in after push/toe snap. Full arm swing.

Duration – 2 min. – down and back

### **Drill – 2 ft and 1 ft frwd slalom, picking up right ft.**

Desc. – Players will line up on goal line. From standstill complete 2 ft slalom to first blue line, at first blue line pick up rt. foot to do 1 ft. slalom until next blue line or goal line as player desires. Player can go back to 2 ft slalom at second blue line if desire.

Key Points – Players should try to pull at the end of their inside and outside edge to gain speed.

Duration – 2 min. – down and back

### **Drill – 2 ft and 1 ft frwd slalom, picking up left ft.**

Down and back

### **Drill – 2 ft and 1 ft bkwd slalom, picking up right ft.**

Down and back

### **Drill – 2 ft and 1 ft bkwd slalom, picking up left ft.**

*Coaches will divide group in half. One coach takes a group and works on half ice on pivots and backward skating using below drill. The other coach takes the other half and works on tight turns and lateral movement. After 7-8 minutes, players rotate.*

### **Group A – ½ ice**

*Coach will set up cones in a repeating capital “M” pattern with the top of the “M” cones running across the goal line and bottom of “M” 20 ‘ closer to the faceoff circles. Cones run entire width of ice. Also put two cones about 6’ inside the blue line on that half.*

### **Drill – Capital “M” Pivots**

Players will skate forward from bottom of “M” on slight angle up to top of “M” pivot to skate backward on angle down to bottom of “M” then step forward on inside edge to forward skate up to top of second peak of “M” then pivot and skate bkwd on angle down, repeat across width of ice until reach boards. Then do bkwd sculling to double set of cones where player then does bkwd crossovers away from boards and continues crossovers as if keeping the puck in the defensive zone. Player does short straight line bkwd crossovers along width of blue line . Skate forward to start of “M”.



Add difficulty – add puck, add flashcards. If add flashcards, stand above top of “M” and facing players so eyes up as pivot with puck.

### Group B – ½ ice

#### Drill - Tight Turns against boards – with puck

Desc.- Players will lay down gloves about 6’ apart and 2’ from boards. Players will start from standstill about 15’ away from gloves. Player skates toward gloves with puck and executes a figure 8 around gloves, repeat figure 8 several time, skate back to start position.

Add difficulty – try to get eyes up.

Duration – 4 minutes

#### Drill – Crossover Slide Stop / Lateral Movement with puck

Desc. – Players will lay down gloves on ice about 6’ apart and stand in center of gloves. Player will do one crossover toward a glove and slide sideways to skid stop at glove. Player then does crossover in other direction toward other glove and slides sideways to stop. Repeat.

Add difficultly – add puck with puck sliding sideways back and forth from one glove to other or increase difficulty by moving puck in figure 8 around gloves and feet slide side to side, also try using one hand on stick.

Duration – 4 min.

### Players rotate to other half of ice and repeat above drills for ½ ice for the next 8 min. then bring the 2 groups of players together and continue plan below.

*Coaches and players will meet at the center face-off circle between each of the below drills. A coach will demonstrate the drill and each coach will then take 5-6 players to a face-off circle to work on the drill in a small group. Try to take 5-6 players who are at the same skill level. Coaches will then provide individual feedback to players and help get players back to the center ice circle when each drill is finished. Coaches will also have their players switch directions on the circle at the 3 minute mark as each of the below drills is done counterclockwise as well as clockwise. If players get going too fast around the face-off circle, have them stop and start over. They need to practice that first crossover anyway for quick starts.*

#### Drill – Cross and Hold Drill – counterclockwise and clockwise

Desc – Player pumps frwd. Twice on face-off circle and then slides outside foot over inside to hold crossed position for three seconds. Count 1,2,3 out loud.

Key Points – control edges throughout drill. No wobbles. Upper body does not jerk around. Don't let them rest their upper body on their sticks or thighs

Increase difficulty – by deepening knee bend and extending crossed under foot as far as possible, give them a puck

Duration – 6 min

### **Drill – Second Frwd Crossover Push Only – both directions on circle**

Desc – Player will start from standstill on circle. He does one pump and cross over. Now he does the second push/the cross under push and repeats just the cross under push several times so that push is the only source for speed. Can he/she maintain speed with only the undercut/second push?

Key Points – push with the whole blade parallel to the ice at all times/don't push off of toe.

Duration – 6 min

### **Drill – Quick Short Push Frwd Crossovers – both directions – use crossover start**

Desc – Players start from standstill on circle with back to center of circle. Players do crossover from standstill into short quick push crossovers for about 10 seconds. Stop. Repeat.

Key Points – Players should strive to complete the second/undercut push even though he/she is doing quick, short pushes.

Increase Difficulty – add puck

Duration – 4 min

### **Drill – Slow Full Push Bkwd Crossovers – counterclockwise and clockwise**

Desc – Coach will explain perfect back crossover. Demonstrate it. Players will start from standstill on circle. Players will start back crossovers – done slowly and with two full pushes. Look over inside shoulder so no crashes.

Key Points – If they go too fast, make them stop and start over from standstill. Many players have to skate backward from standstill in games. It's good to work on quick starts backward as part of this drill.

Increase Difficulty by increasing size of pushes and lean or give them a puck and add flashcards or fingers held up by coach that they read out loud

Duration – 6 min

### **Drill – Short Quick Push Bkwd Crossovers – both directions**

Desc – Players will start from standstill facing center of circle. They do one big pump backward into first crossover to turn body, then short quick back crossovers repeatedly for about 10 seconds. Players stop and repeat from standstill.

Key Points – Players must look back over inside shoulder so no collisions.

Increase Difficulty – add puck, add flashcards or fingers held up by coach which they read out loud

### **Drill – Mohawks in combination with crossovers – both directions**

Desc. – warm up by opening hips against boards or down on ice. Stand still on circle. Does one forward crossover into mohawk do a back crossover and step forward. Repeat.

Tip – Don't let them race around. Tell them to slow down and control it. No wobbles. Control upper body. Smooth it out.

Increase Difficulty – Add puck. Add flashcards or hold up fingers they read with the puck.

Duration – 4 minutes each direction

### **Figure 8 Edge Drill – Forward and Backward**

Desc. – Players will lay gloves on ice 4 feet apart; stand in center of gloves and skate an 8 around gloves. Skaters will pick up outside foot to skate on forward outside edges. Then pick up inside foot to skate forward inside edges. Then do backward outside and inside edges.

Key Points –Player should skate full round circles, not ovals. Also, the skating ankle should remain perfectly still (no flipping edges). Deep knee bend.

Increase Difficulty – Continually turn shoulders 180 degrees from facing into center to facing out of circle while maintaining edges. Now the upper body is doing something different from the lower body. This is great for catching a pass that is behind the player.

Duration – 8 min; 2 minutes per edge

### **Drill – Lunges**

Desc – frwd lunges goal line to goal line, right then left, turning toe out

*Coaches set up pylons in the below slalom pattern running length of ice on player box side as well as bleacher side so two lines of players can run through drill at the same time.*

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### **Drill – Crosby Drill –**

Desc. – Player starts from standstill, skates forward toward first pylon, opens inside foot so heel to heel glide on inside edges as curve around pylon and head toward second pylon to repeat. Always open up hips/feet around cones.

Tips – Coaches should repeat drill moving pylons closer together which increases difficulty.

Increase Difficulty – Add puck. Move pylons closer. Add flashcards or fingers up that players read. Repeat this drill but have players push (T-pushes) with their trailing foot while gliding around pylons.

Duration – down and back gliding only around pylons. Down and back pushing with the trailing foot. Down and back a 3rd time with stronger players using puck and flashcards or coach hold fingers up for players to read.

### **Drill - Deep inside edges**

Desc. – From a standstill player skates toward first pylon and drops inside knee to ice as curve around pylon toward second cone. Player should also reach down and touch ice on far side of pylon as glide around pylon on deep inside edge. Repeat.

Duration – down and back

## Power Skating Session 20- PWB, PWGR

*Coaches will help assemble players in 5 equal lines on goal line. One coach will stay at that line to tell the next group of players when they can start. Others can provide individual feedback as they are skating the drill. We also need one coach to stay at the other goal line to help line up players in 5 equal lines and tell them when they can start.*

### **Drill – Alternating left and right foot frwd c-cuts**

Desc – Players will push with right c-cut, then left c-cut

Key Points – the foot that stays straight must stay on the flat of the blade

Increase Difficulty – get lower and make them bigger and generate more power

Duration – 2 min.- down and back

### **Drill – Powerful Bkwd 2 foot c-cuts**

Desc. – Players will take correct bkwd skating stance at goal line, turn toes in, and do bkwd 2 ft c-cuts to far goal line with no other type of push

Key Point – work both feet equally, bring feet within 1 foot under body between c-cuts, their head does not go up and down

Difficulty – get lower and make them bigger and generate more power

Duration – 2 min.-down and back

### **Drill – Alternating Bkwd c-cuts**

Desc. – Players will alternate left and right foot c-cuts bkwd

Key Points – They don't sway their hips side to side and their head does not go up and down. The non-pumping skate stays on the flat of the blade, deep knee bend

Increase Difficulty – get lower and make them bigger and generate more power

Duration – 2 min. – down and back

### **Drill – 2 ft. Bkwd Sculling**

Desc.- Players will do a quick start bkwd from standstill into sculling which is similar to bkwd alternating C-cuts but the c-cuts are shorter, similar to backward straight-line skating in a game situation.

Duration – 2 min. one length ice

### **Drill – Exaggerated Forward Stride – Drag Toe In**

Desc. – Players will line up on goal line. From standstill do perfect forward stride in slow motion and dragging pushing toe back in after push/toe snap. Full arm swing.

Duration – 2 min. – down and back

### **Drill – 2 ft and 1 ft frwd slalom, picking up right ft.**

Desc. – Players will line up on goal line. From standstill complete 2 ft slalom to first blue line, at first blue line pick up rt. foot to do 1 ft. slalom until next blue line or goal line as player desires. Player can go back to 2 ft slalom at second blue line if desire.

Key Points – Players should try to pull at the end of their inside and outside edge to gain speed.

Duration – 2 min. – down and back

### **Drill – 2 ft and 1 ft frwd slalom, picking up left ft.**

Down and back

### **Drill – 2 ft and 1 ft bkwd slalom, picking up right ft.**

Down and back

### **Drill – 2 ft and 1 ft bkwd slalom, picking up left ft.**

*Coaches will divide group in half. One coach takes a group and works on half ice on pivots and backward skating using below drill. The other coach takes the other half and works on tight turns and lateral movement. After 7-8 minutes, players rotate.*

### **Group A – ½ ice**

*Coach will set up cones in a repeating capital “M” pattern with the top of the “M” cones running across the goal line and bottom of “M” 20 ‘ closer to the faceoff circles. Cones run entire width of ice. Also put two cones about 6’ inside the blue line on that half.*

### **Drill – Capital “M” Pivots**

Players will skate forward from bottom of “M” on slight angle up to top of “M” pivot to skate backward on angle down to bottom of “M” then step forward on inside edge to forward skate up to top of second peak of “M” then pivot and skate bkwd on angle down, repeat across width of ice until reach boards. Then do bkwd sculling to double set of cones where player then does bkwd crossovers away from boards and continues crossovers as if keeping the puck in the defensive zone. Player does short straight line bkwd crossovers along width of blue line . Skate forward to start of “M”.

Add difficulty – add puck, add flashcards. If add flashcards, stand above top of “M” and facing players so eyes up as pivot with puck.

## Group B – ½ ice

### Drill - Tight Turns against boards – with puck

Desc.- Players will lay down gloves about 6’ apart and 2’ from boards. Players will start from standstill about 15’ away from gloves. Player skates toward gloves with puck and executes a figure 8 around gloves, repeat figure 8 several time, skate back to start position.

Add difficulty – try to get eyes up.

Duration – 4 minutes

### Drill – Crossover Slide Stop / Lateral Movement with puck

Desc. – Players will lay down gloves on ice about 6’ apart and stand in center of gloves. Player will do one crossover toward a glove and slide sideways to skid stop at glove. Player then does crossover in other direction toward other glove and slides sideways to stop. Repeat.

Add difficultly – add puck with puck sliding sideways back and forth from one glove to other or increase difficulty by moving puck in figure 8 around gloves and feet slide side to side, also try using one hand on stick.

Duration – 4 min.

## Players rotate to other half of ice and repeat above drills for ½ ice for the next 8 min. then bring the 2 groups of players together and continue plan below.

*Coaches and players will meet at the center face-off circle between each of the below drills. A coach will demonstrate the drill and each coach will then take 5-6 players to a face-off circle to work on the drill in a small group. Try to take 5-6 players who are at the same skill level. Coaches will then provide individual feedback to players and help get players back to the center ice circle when each drill is finished. Coaches will also have their players switch directions on the circle at the 3 minute mark as each of the below drills is done counterclockwise as well as clockwise. If players get going too fast around the face-off circle, have them stop and start over. They need to practice that first crossover anyway for quick starts.*

### Drill – Cross and Hold Drill – counterclockwise and clockwise

Desc – Player pumps frwd. Twice on face-off circle and then slides outside foot over inside to hold crossed position for three seconds. Count 1,2,3 out loud.

Key Points – control edges throughout drill. No wobbles. Upper body does not jerk around. Don't let them rest their upper body on their sticks or thighs

Increase difficulty – by deepening knee bend and extending crossed under foot as far as possible, give them a puck

Duration – 6 min

### **Drill – Second Frwd Crossover Push Only – both directions on circle**

Desc – Player will start from standstill on circle. He does one pump and cross over. Now he does the second push/the cross under push and repeats just the cross under push several times so that push is the only source for speed. Can he/she maintain speed with only the undercut/second push?

Key Points – push with the whole blade parallel to the ice at all times/don't push off of toe.

Duration – 6 min

### **Drill – Quick Short Push Frwd Crossovers – both directions – use crossover start**

Desc – Players start from standstill on circle with back to center of circle. Players do crossover from standstill into short quick push crossovers for about 10 seconds. Stop. Repeat.

Key Points – Players should strive to complete the second/undercut push even though he/she is doing quick, short pushes.

Increase Difficulty – add puck

Duration – 4 min

### **Drill – Slow Full Push Bkwd Crossovers – counterclockwise and clockwise**

Desc – Coach will explain perfect back crossover. Demonstrate it. Players will start from standstill on circle. Players will start back crossovers – done slowly and with two full pushes. Look over inside shoulder so no crashes.

Key Points – If they go too fast, make them stop and start over from standstill. Many players have to skate backward from standstill in games. It's good to work on quick starts backward as part of this drill.

Increase Difficulty by increasing size of pushes and lean or give them a puck and add flashcards or fingers held up by coach that they read out loud

Duration – 6 min



### **Drill – Short Quick Push Bkwd Crossovers – both directions**

Desc – Players will start from standstill facing center of circle. They do one big pump backward into first crossover to turn body, then short quick back crossovers repeatedly for about 10 seconds. Players stop and repeat from standstill.

Key Points – Players must look back over inside shoulder so no collisions.

Increase Difficulty – add puck, add flashcards or fingers held up by coach which they read out loud

### **Drill – Mohawks in combination with crossovers – both directions**

Desc. – warm up by opening hips against boards or down on ice. Stand still on circle. Does one forward crossover into mohawk do a back crossover and step forward. Repeat.

Tip – Don't let them race around. Tell them to slow down and control it. No wobbles. Control upper body. Smooth it out.

Increase Difficulty – Add puck. Add flashcards or hold up fingers they read with the puck.

Duration – 4 minutes each direction

### **Figure 8 Edge Drill – Forward and Backward**

Desc. – Players will lay gloves on ice 4 feet apart; stand in center of gloves and skate an 8 around gloves. Skaters will pick up outside foot to skate on forward outside edges. Then pick up inside foot to skate forward inside edges. Then do backward outside and inside edges.

Key Points –Player should skate full round circles, not ovals. Also, the skating ankle should remain perfectly still (no flipping edges). Deep knee bend.

Increase Difficulty – Continually turn shoulders 180 degrees from facing into center to facing out of circle while maintaining edges. Now the upper body is doing something different from the lower body. This is great for catching a pass that is behind the player.

Duration – 8 min; 2 minutes per edge

### **Drill – Lunges**

Desc – frwd lunges goal line to goal line, right then left, turning toe out

*Coaches set up pylons in the below slalom pattern running length of ice on player box side as well as bleacher side so two lines of players can run through drill at the same time.*

. ' . ' . ' . ' .

### **Drill – Crosby Drill –**

Desc. – Player starts from standstill, skates forward toward first pylon, opens inside foot so heel to heel glide on inside edges as curve around pylon and head toward second pylon to repeat. Always open up hips/feet around cones.

Tips – Coaches should repeat drill moving pylons closer together which increases difficulty.

Increase Difficulty – Add puck. Move pylons closer. Add flashcards or fingers up that players read. Repeat this drill but have players push (T-pushes) with their trailing foot while gliding around pylons.

Duration – down and back gliding only around pylons. Down and back pushing with the trailing foot. Down and back a 3rd time with stronger players using puck and flashcards or coach hold fingers up for players to read.

### **Drill - Deep inside edges**

Desc. – From a standstill player skates toward first pylon and drops inside knee to ice as curve around pylon toward second cone. Player should also reach down and touch ice on far side of pylon as glide around pylon on deep inside edge. Repeat.

Duration – down and back