



## Description

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1. One foot pushes - Push with right foot one way, push with left foot the other way. Both hands on stick, stick on ice and out in front. Knees bent, head and chest up, push foot extends outward and is pulled back to gliding foot. Progress to long holds on gliding foot, one leg up, the other gliding. Emphasize slow, deliberate, exaggerated motion.
2. Fast skating - Put both feet pushes together, left foot and right alternate forward skating. Knees bent, head up, long leg extensions. Two hands on stick, on ice, out in front. Progress to top hand ONLY on stick.
3. Swivels (inside edges) - Knees bent, head and chest up, ankles touch, then toes touch. Emphasis on making large circles with chest and head remaining on an even plane. Progress to single leg swivels. Progress to making deep, loud cuts into the ice. Progress to single leg swivels.
4. Stops - start with 2 feet plow stops, progress to hockey stops. Put coaches on the lines (blue/red/blue) have players stop facing the coach, should be on the same side of the boards each time so kids stop on each foot. Progress to stops at each line, with 2 stationary strides on each foot.
- 5 Backwards transitions - skate full speed to blue line with top hand only on stick, transition to backwards to far blue line, turn and skate forward to end. When skating backwards players should take bottom hand off stick and not lean forward. Butt down, head and chest up.
6. Single leg C-cuts, inside edge, two hands on stick, keep stick out front to steer. Use large, exaggerated motions alternating legs down the ice. Emphasize slow, and deliberate motion.
7. Moguls/Slaloms - outside edges, insides edges, 2 feet remain on the ice all the way down.
8. Knees down - skate hard and drop to knees at blue lines, start with going down to both knees, and getting back up. Progress to one knee.
9. Crouch - Skate hard from cone to the blue line, crouch down and hold it as low as you can go between blue lines.  
Draw drills for FREE at [IceHockeySystems.com](http://IceHockeySystems.com)
10. Outside edge cross over - balance on outside edge of inside leg, pick up outside leg and cross over inside balance leg. Use large, exaggerated motions alternating legs down the ice. Emphasize slow, and deliberate motion.
11. Crossovers - forward cross overs, 2 to left, 2 to right, all the way down. Two hands on stick, all the way down.