

## FUTURE:

**Our Plan is a two year plan – PeeWee Minor and PeeWee Major Years. Listed below are 15 items that I will be teaching this year. The one important thing that is not in these 15 Items is what we will teach first – How to learn ! We will do this by creating great habits through discipline, repetition, and focus.**

## 15 Things

### #1 Skating

**a) Bending one's knees as close to 90 degrees-**shoulders over knees, knees over toes, great dorsal flexion of the ankle, glute/hamstring flexibility  
**On-ice-**Meatball, Shoot the duck variations, one legged squat variation, squatting while skating forwards and backwards.  
**Off Ice-**deep, flat-footed squats w/ weight on heels w/ hockey stick focusing on keep chest up, skater squats, lateral squats, squat jumps. With a puck? Can you do it while you stickhandle under hurdles?

Is Every Player Able To Comfortable Hold This Position? Can They Explode Vertically and Horizontally from this position? Can you do these things w/ the puck?



- b) **Edges-knee bend and ankle flexion from above is key**  
**On ice-**swizzles, 1 ft turns w/ and w/o pucks full speeds, 1 and 2 foot jumping drills, ice plyos, circles drills, change of directions-concentrated during warm up, hockey turn drills w and w/o puck, dynamic on ice stretching w/ and w/o puck.  
**Off ice-** 1 foot balancing on pillow rolling ankles and holding balance, 1 foot drills through speed ladder, ankle rolls on a basketball/swiss ball, lateral bounding on 1 foot, walking on heels, walking on toes, toe snaps, etc.

- c) **Stride-long powerful (forwards and backwards), being able to change speed (combination of knee bend and edges)-** videotape analysis would be helpful here!

**On ice-**line drills, striding drills emphasizing full recovery, maximum side push and knee bend, generating power w/ your inside edges, maintaining speed w/ your outside edges, striding w/ chest up and puck on forehand, change of speeds, differences between inside edges/outside edges, skating w/ tires.

**Off ice-**Heidens, lunge walk, Borazov's, lunge jumps, spidermans for flexibility.

- d) **Crossovers/lateral agility/footspeed/change of direction**

**On ice-**circle drills to focus on technique w/ pushing/edges forwards and backwards, tight area figure 8's, overspeed skating drills, mohawk turns/transitions, lateral crossing over drills, 1 ft/2ft stops and starts. (Backwards and forwards w/ and w/o pucks). Progressions.....add passing w/ multiple players.

**Off ice-**speed ladder drills, hoop drills, cone drills, shuttle runs, side start sprints, pro agility, t-drill.