



**SKATING / SKILLS #2 – CLICK ON BLUE VIDEO ICON TO VIEW VIDEO**

**Drill Name & Description**

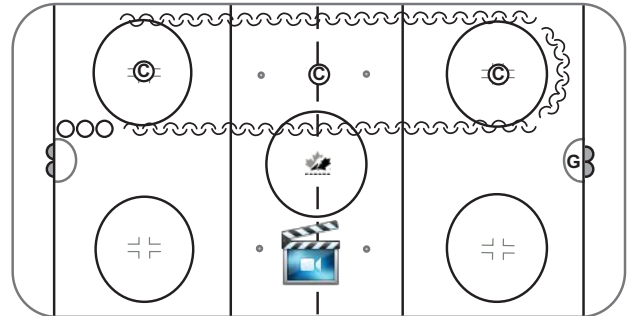
**Skating Warm Up – Backwards**

**Skating Skills Warm - Up**

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

- 1) Stride and bend
- 2) Jump Stride
- 3) Alternating criss cross
- 4) Crossunders – 1 lap left foot / 1 lap right foot
- 5) Scissors – fwd / bwd
- 6) Reverse Scissors Bwd
- 7) 1 Crossover only – each way
- 8) 2 crossovers each way
- 9) Heel to heel – with back foot push

Utilize all the skating skills in the video clip



**Drill Name & Description**

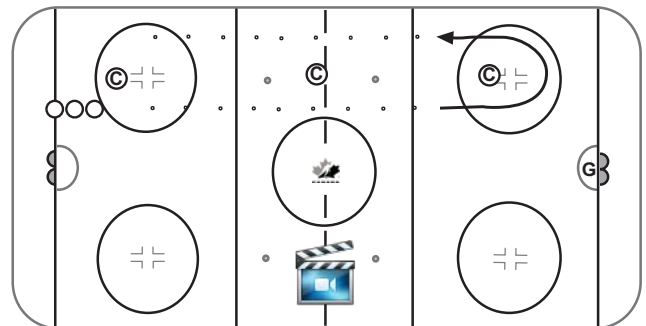
**Puck Control – Warm - Up 2**

**Puck Control Skills Warm - Up**

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

- 1) Quick Hands – Toe Up
- 2) Two Pucks
- 3) Puck First – then feet
- 4) Heel to Hell
- 5) Open up – Backhand Side
- 6) Pull in – Push Out
- 7) Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat

Utilize all the puck control skills in the video clip





**Drill Name & Description**

**3 Station Skills #1**

**1) Skating Circles**

- Players start in line in the corner.
- Perform skating skills around both circles to ensure skills are done equally both ways.
- Crossunders / C-Cuts / Quick feet hi lo's / Heel to heel back foot push / Heel to heel open up / Pivot inside with 1 crossover

**Key Teaching Points**

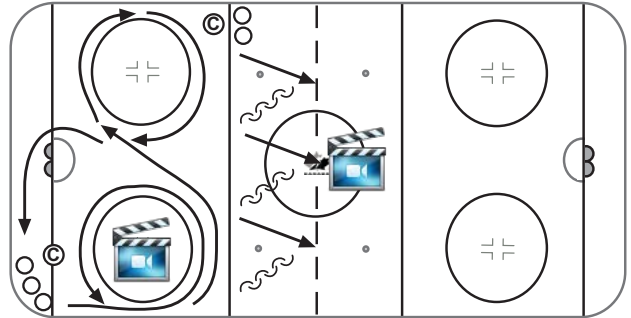
- Make sure technique is done correctly before speed. Repeat each skill as many times as necessary until players get the footwork right

**2) NZ Transition Skating**

- Players start on blue line in neutral zone.
- Skate patterns as shown working on agility, balance and foot speed.
- Controlled repetition to perform skating skills.

**Key Teaching Points**

- Change up pattern and go both ways to ensure repetition in turning and transitioning both ways.





**Drill Name & Description**

**3 Station Skills #2**

**1) Transition Races**

- Start with 2 lines each with two pylons in a vertical line.
- Players start at bottom pylon, on coach's signal the player's race to top pylon, pivot and skate backwards to bottom pylon.
- Repeat by pivoting the opposite way the next time.

**Key Teaching Points**

- Efficient turns, blow as little snow as possible
- Quick feet

**2) Corner Puck Protect**

- Players start in corner with pucks.
- Place a couple of obstacles on the top of the circle to act as a defenseman's stick ( Stick on pylon , Assistant coach, etc...)
- Players have to open up, and protect the puck going by the obstacle – finish with shot on net
- Change corners so players work on both forehand and backhand sides

**Key Teaching Points**

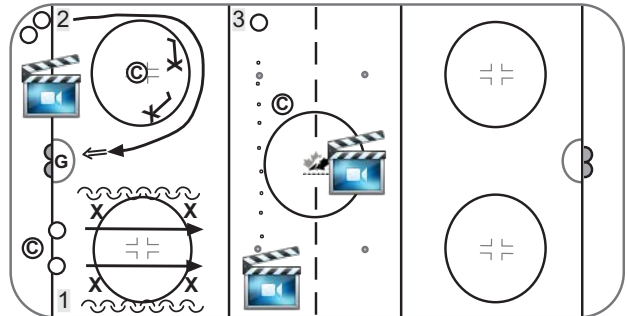
- Open up with heel to heel move, and move puck back towards the back foot to protect it at the same time.

**3) Puck dots**

- Place a line of pucks in a straight line approximately 12 inches apart.
- Player has to straddle the pucks with the skates and then move the puck from side to side in and out of the pucks.
- Go forwards then backwards. Add in toe drags to make it harder.

**Key Teaching Points**

- Quiet feet, use range of motion of arms to so from side to side.
- Exchange weight from skate to skate





<b>Drill Name &amp; Description</b>
<b>3 Stations Skills #3</b>
<b>1) Transition Skating</b>
-Start by placing two pylons in a line. -Player starts at bottom pylon, skates forward to top pylon, pivots, skates backward to opposite side of the bottom pylon, pivots and skates forward on same side to top pylon, pivots, skates backwards to start. -Progression – Add puck
<b>Key Teaching Points</b>
-Quick feet, acceleration into and out of the pivot, maintain speed
<b>2) Crosby Delay</b>
-Players start in corner, skate up the wall, tight turn towards boards, quick feet coming off the wall to attack the net. -Place a couple of obstacles on the top of the circle to act as a defenseman's stick (Stick on pylon, Assistant coach, etc...)
<b>Key Teaching Points</b>
-Look in glass, or over shoulder, prior to coming out to turn to see what is there. Accelerate out of turn
<b>3) Puck Dots</b>
-Start with two lines of 5 or 6 pucks about 4 – 5 feet apart. -Move the puck from side to side, keeping both hands on the stick. -Keep the feet wide for greater range of motion. -For a progression, stickhandle at each puck before moving it to the other side
<b>Key Teaching Points</b>
-Feet wide and make sure the bottom hand can slide on the shaft for greater quickness and range of motion

