

Skating Drills

W Drill (Skating)

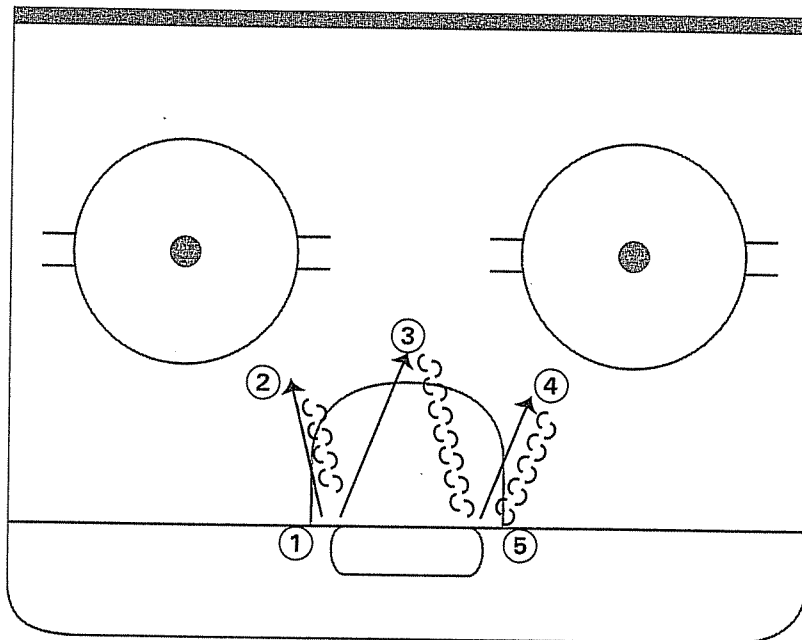
1 minute, or repeat 2 times
Start/repeat/return

Sequence

1. Start at left post
2. Forward skate and stop left foot; backward return to left post
3. Forward skate center and stop left foot; backward return to right post
4. Forward skate and stop right foot; backward return to right post
5. Reverse (start on right post)
6. Repeat

Key Points

- Offensive-zone tracking
- Low to high tracking
- Power play
- At (2), (3), (4), simulate save skill (optional)



X Drill (Skating)

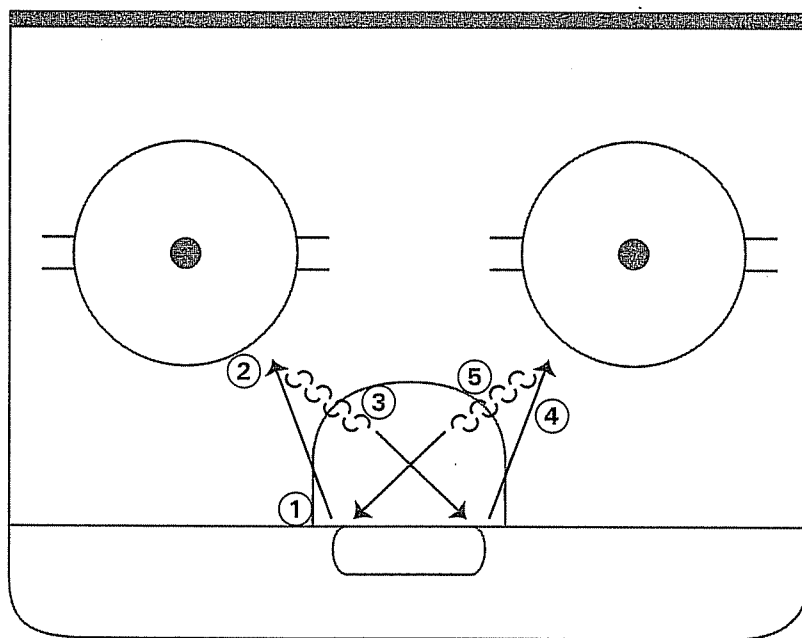
1 minute, or repeat 2 times

Sequence

1. Start on left post
2. Forward skate and stop left foot
3. Backward: 1 or 2 cuts and T-push/shuffle to right post
4. Forward skate and stop right foot
5. Backward: 1 or 2 C-cuts and T-push or shuffle to left post
6. Reverse
7. Repeat

Key Points

- Behind-the-net tracking
- Point-to-point plays
- Odd-man rushes
- Add save simulations to drill at each post and (2) and (4) (optional)



Y Drill (Skating)

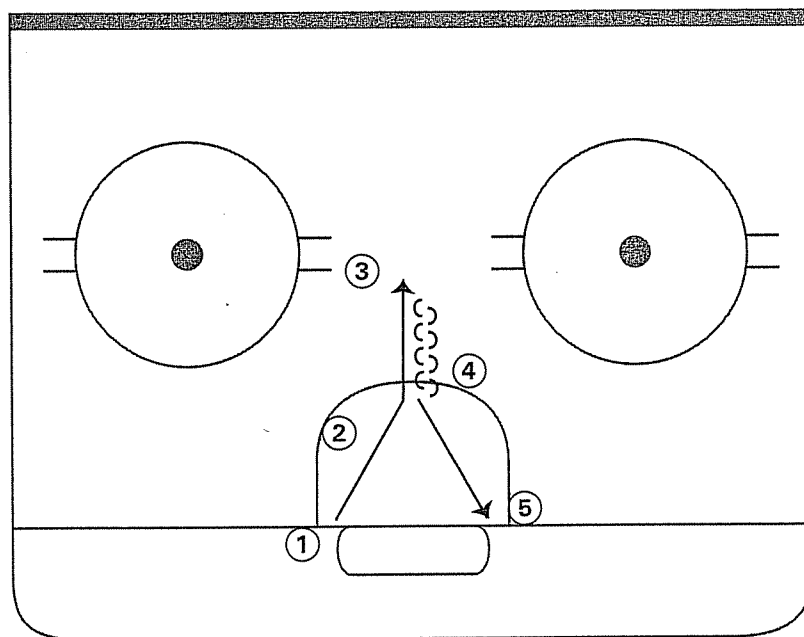
1 minute, or repeat 2 times

Sequence

1. Start at left post
2. Forward to center
3. Forward through slot and T-stop
4. Backward through slot: 1 or 2 C-cuts
5. T-push or shuffle to right post
6. Reverse
7. Repeat

Key Points

- Breakaway
- At-net drives
- Add save simulations to drill at (1), (3), (5)



Z Drill (Skating)

1 minute, or repeat 2 times

Sequence

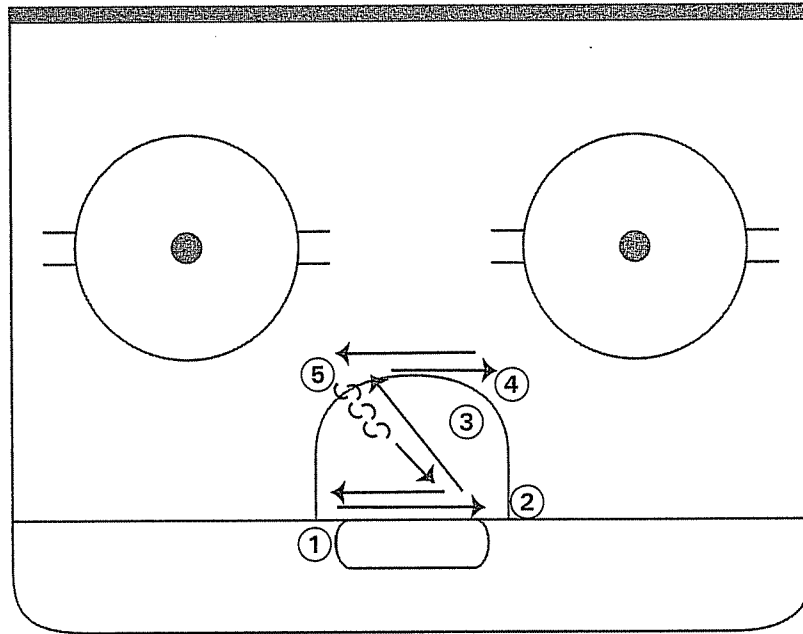
1. Start at left post
2. Shuffle right to right post
3. Forward skate left side; T-push
4. Shuffle right across top of crease
5. Backward return to right post
6. Reverse
7. Repeat

Key Points

- Behind-the-net tracking
- Point shot
- Low-to-high tracking
- Add save simulations to drill at each post and (4) and (5)



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Inside Edge Start-and-Stop Drill

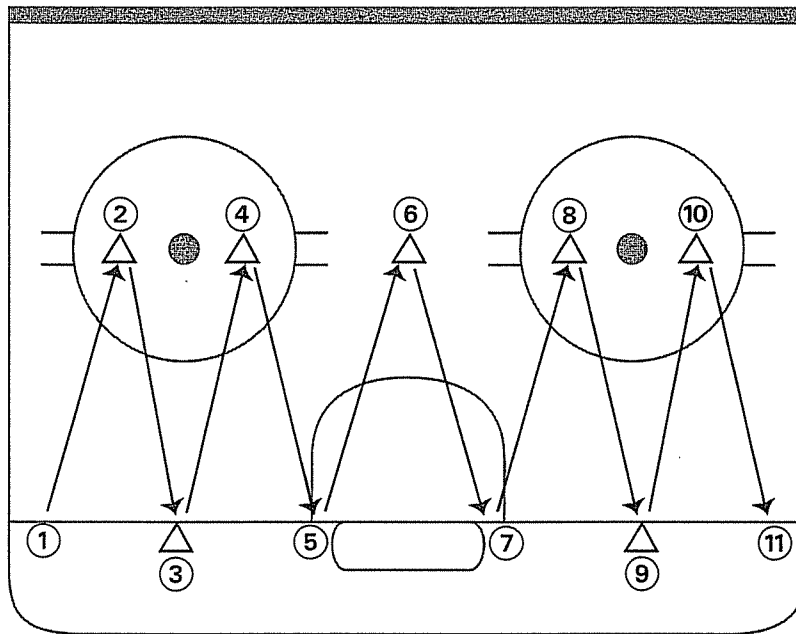
1 minute, or left then right

Sequence

1. Start in corner on goal line; skate forward in ready stance
2. Face same direction for all stops:
left foot—(2) (4) (6) (8) (10)
stop by using inside edge
Right foot—(3) (5) (7) (9) (11)
3. Reverse
4. Repeat

Key Points

- Fast feet
- Maintain stance
- Keep hands steady while skating
- Upper body independent of lower body



Shuffle Drill

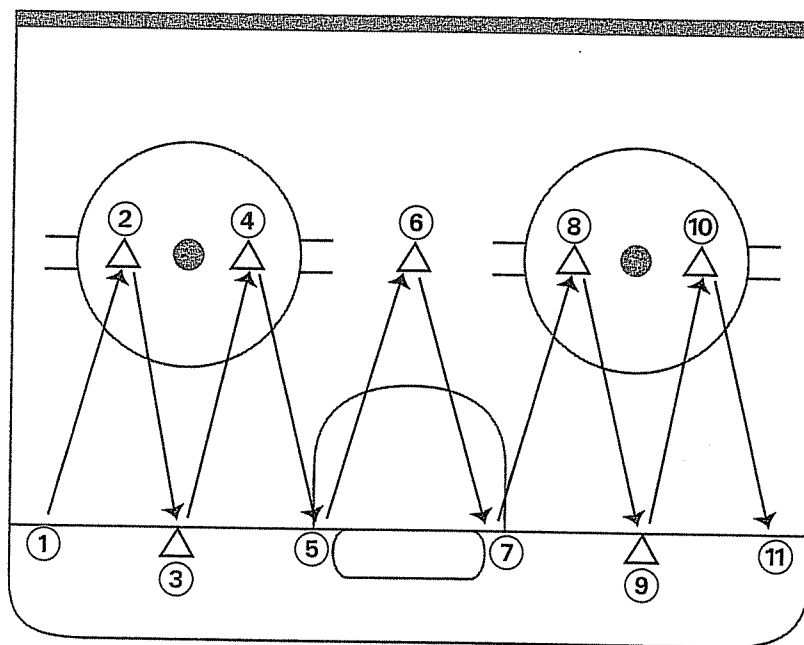
1 minute, or left then right

Sequence

1. Start in corner on goal line; sideways shuffle
2. Face same direction for all stops:
left foot—(2) (4) (6) (8) (10)
right foot—(3) (5) (7) (9) (11)
stop by using inside edge
3. Reverse
4. Repeat

Key Points

- Compact movement
- Maintain stance
- Edge awareness
- Fast feet
- Keep stick facing forward
- Stop by using inside edge



T-Glide (Lateral) Drill

1 minute, or left then right

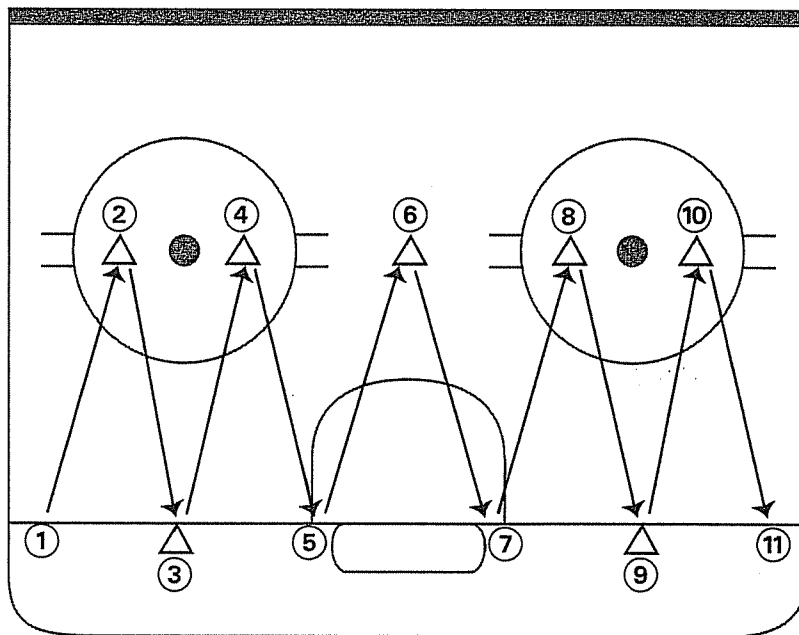
Sequence

[art 10-106]

1. Start in corner on goal line; skate laterally using T-glide/T-push
2. Face same direction for all stops:
left foot—(2) (4) (6) (8) (10)
right foot—(3) (5) (7) (9) (11)
(11)
stop by using inside edge of leading foot
3. Reverse (use other foot)
4. Repeat

Key Points

- Compact movement
- Maintain stance
- Edge awareness
- Keep stick facing forward
- No bobbing up and down



Backward Drill

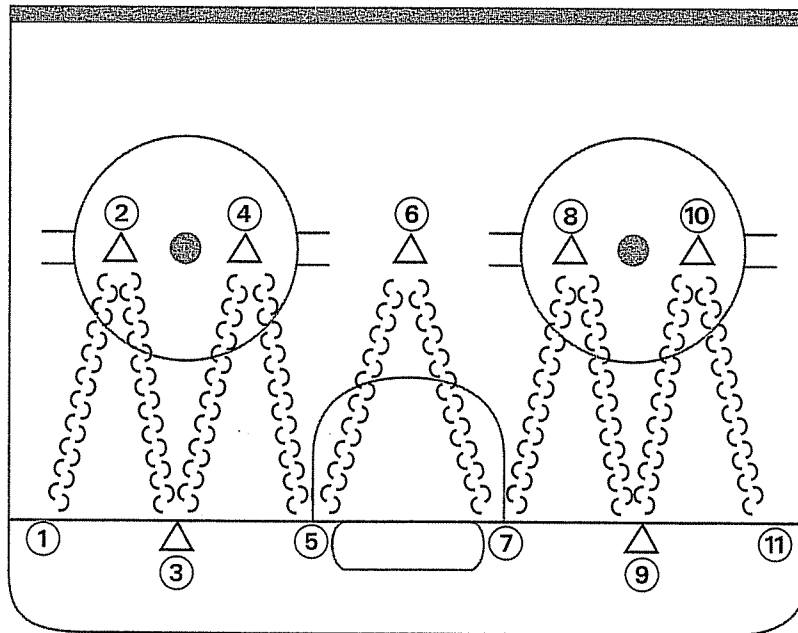
1 minute, or left then right

Sequence

1. Start in corner on goal line; backward in ready stance
2. Look over right shoulder moving to (2), (4), (6), (8), (10)
3. Look over left shoulder moving to (3), (5), (7), (9), (11)
4. T-stop, turn, and continue backward
5. Reverse
6. Repeat

Key Points

- Compact movement
- Maintain stance
- Keep hands steady
- Practice looking over one shoulder while skating backward



Telescoping Drill

1 minute, or left then right

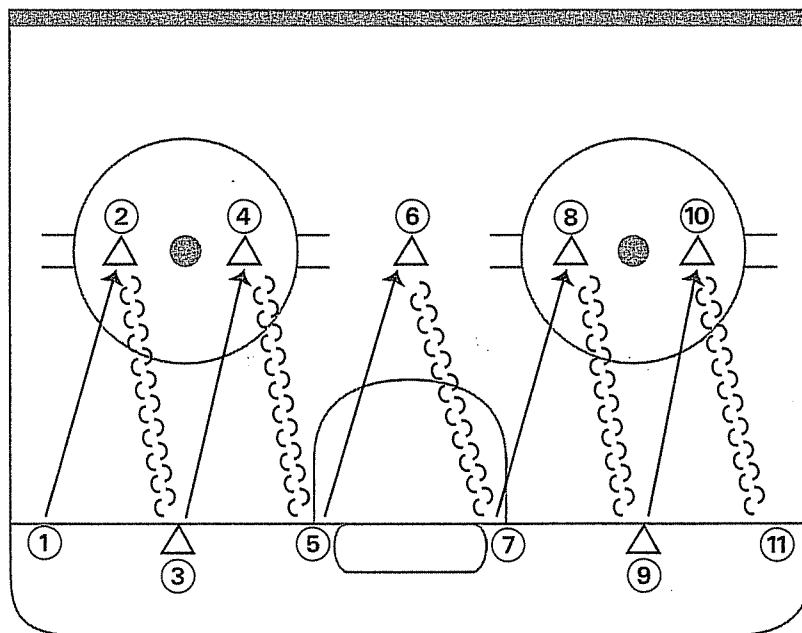
Sequence

1. Start in corner on goal line; forward in ready stance using T-push left foot
2. Stop, then backward in ready stance
3. Stop, forward in ready stance using T-push left foot—face far end of rink throughout
4. Reverse (use T-push right foot going forward)
5. Repeat

Key Points

- Quick transitions
- Maintain stance
- Pivot forward/backward/forward
- Edge control
- Avoid bobbing up and down during pivot/transition

Note: While skating backward, look over appropriate shoulder.



Iron Cross Drill

1 minute, or once through drill (goalie position throughout)

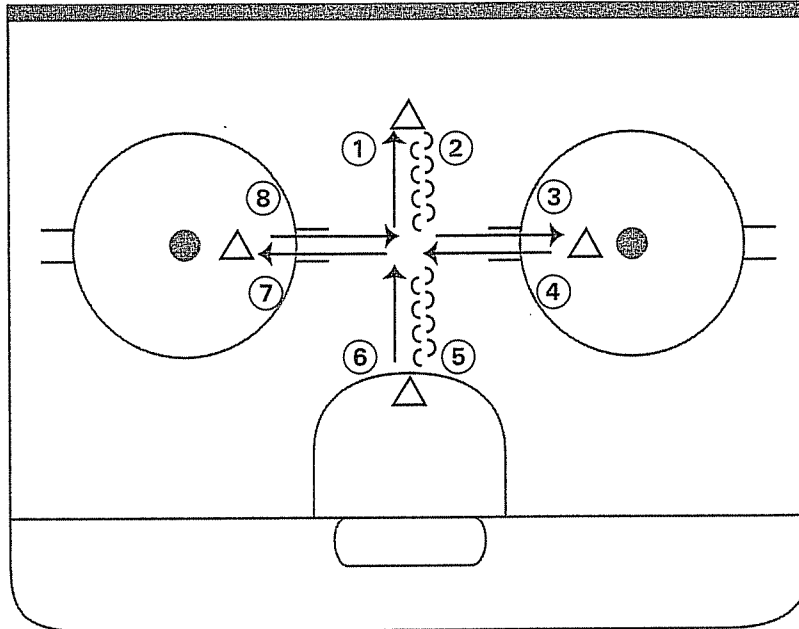
Sequence

Done within a circle or in large area as shown

1. Forward (T-push)
2. Backward
3. Shuffle right
4. Shuffle left
5. Backward
6. Forward
7. T-glide left with right foot push
8. T-glide right with left foot push
9. Repeat or continue 2 or 3 times as conditioning improves

Key Points

- Quick transitions
- Fast feet
- Compact, steady stance
- Avoid bobbing up and down
- Edge control
- Quick stops and starts
- Conditioning



Triple-Skate Drill (forward, backward, lateral)

1 minute, or left then right

Sequence

1. Start in left corner; forward skate in ready stance, T-push
2. Shuffle right
3. Backward skate in ready stance
4. Shuffle right shuffle
- 5-11. Continue initial sequence
12. Repeat reverse (shuffle left now)

Key Points

- Quick transitions
- Eyes up
- Compact movement
- Upper body independent of lower body
- Alternate T-push lateral for shuffle

