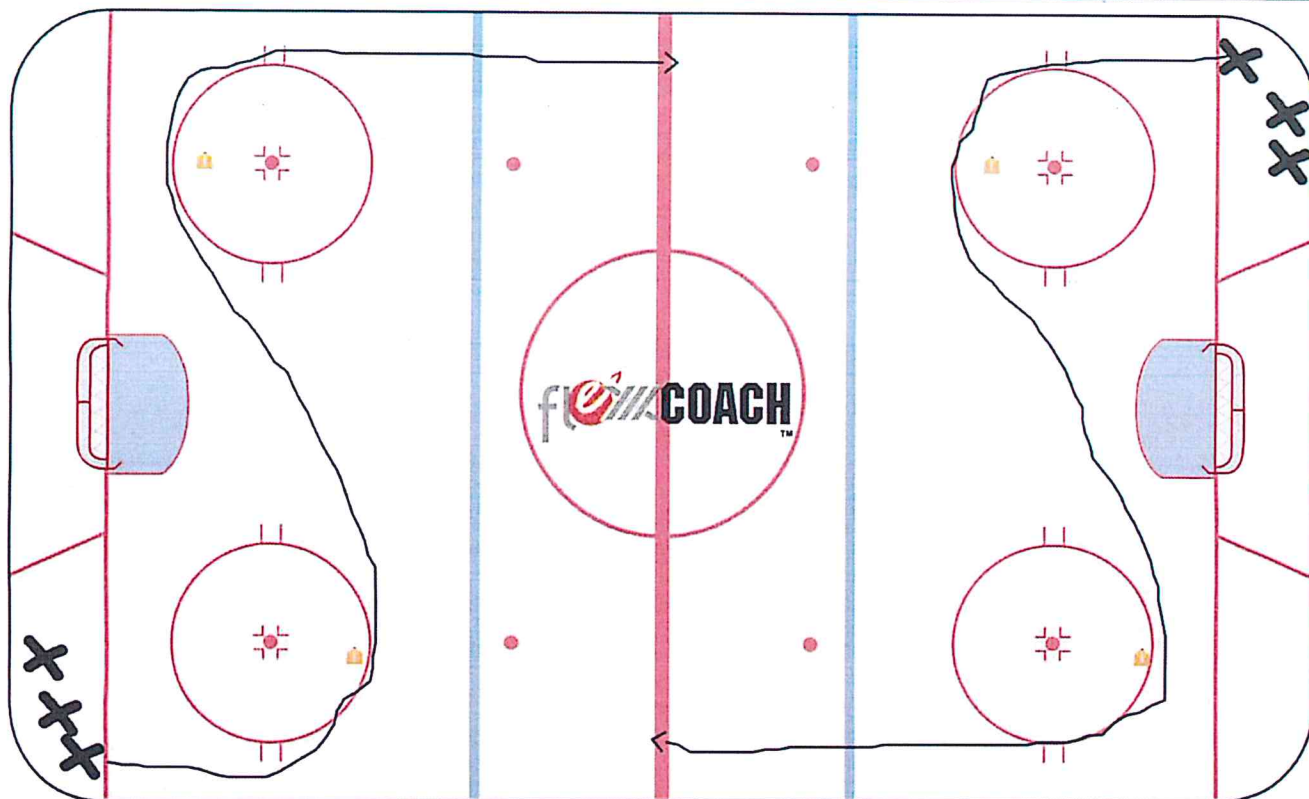


S- Skating Drill



Objective Players will work on Crossovers, acceleration, and speed

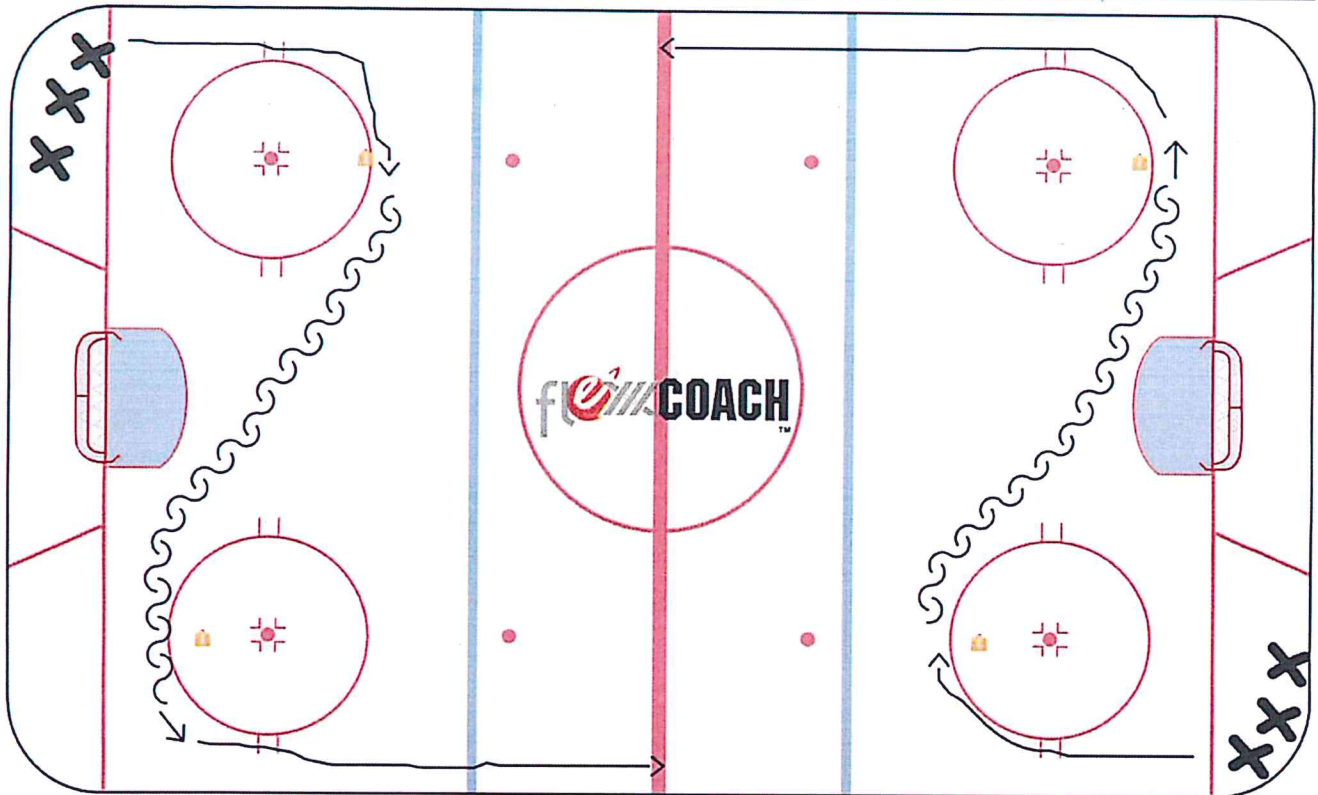
Key Elements

Organization Players will be divided into two groups. Each group will be on opposite ends of the rink. At the whistle both groups will start. Each player will skate around the top of the face-off circle utilizing cross overs. The players will accelerate into the bottom of the opposite face-off circle utilizing cross-overs going the other direction. Both players will then sprint to the red line. Cones should be placed at the top and bottom of the circles to force skaters to move around the outside of the circle and utilize their cross overs.

Variations

Goalie

Forward/Backward S-skate



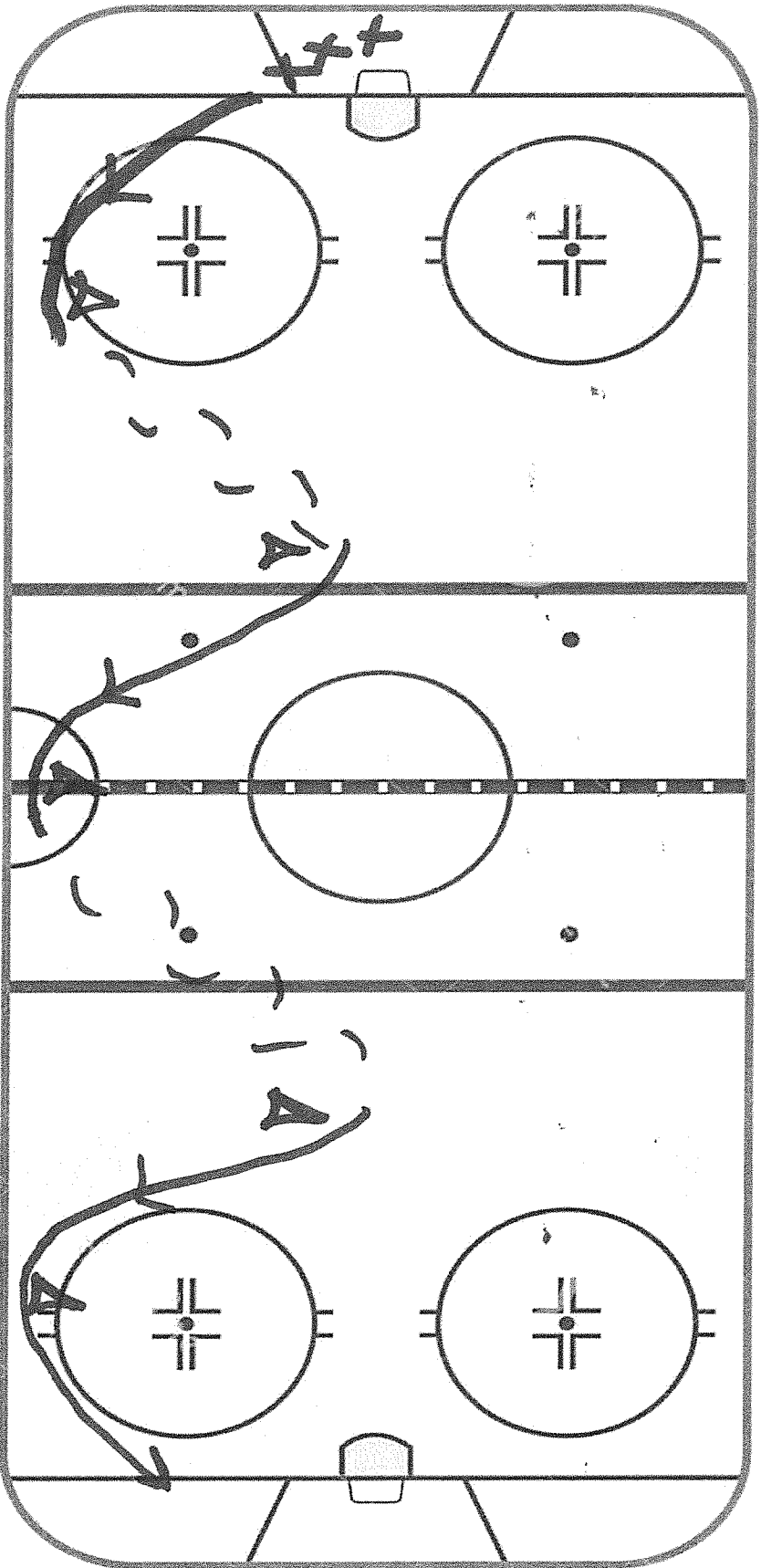
Objective Race Drill to build transition, acceleration, **Key Elements** and foot speed

Organization Skaters are in opposite corners. At the whistle both lines start and the skater skates forward to the top of the circle. Once at the top of the circle they transition to backwards skating to the bottom of the opposite circle. At the bottom of that circle they again transition to forward skating and sprint to the red line.

Variations

Goalie

Transition Zig Zags



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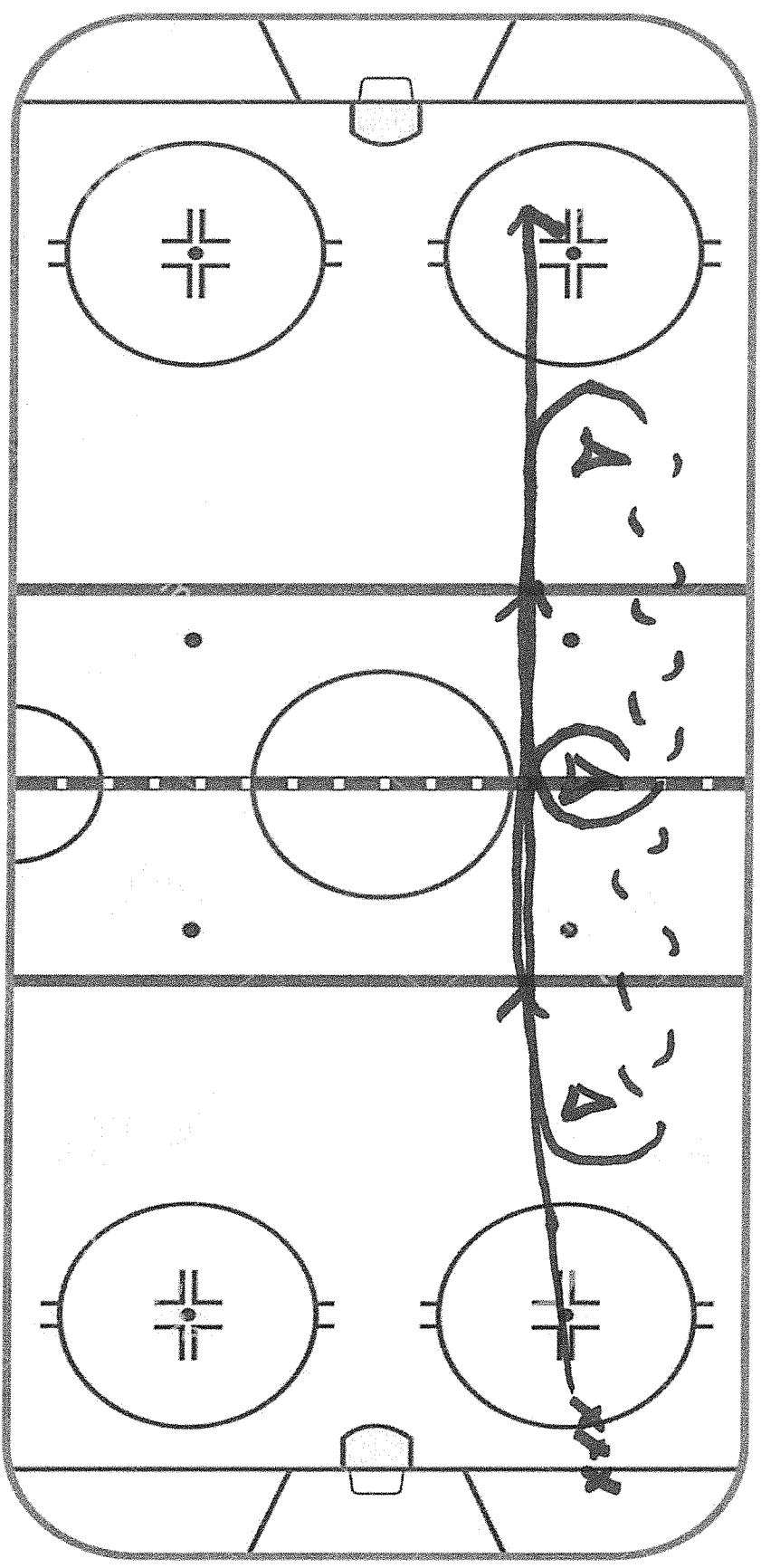
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Transition Skating



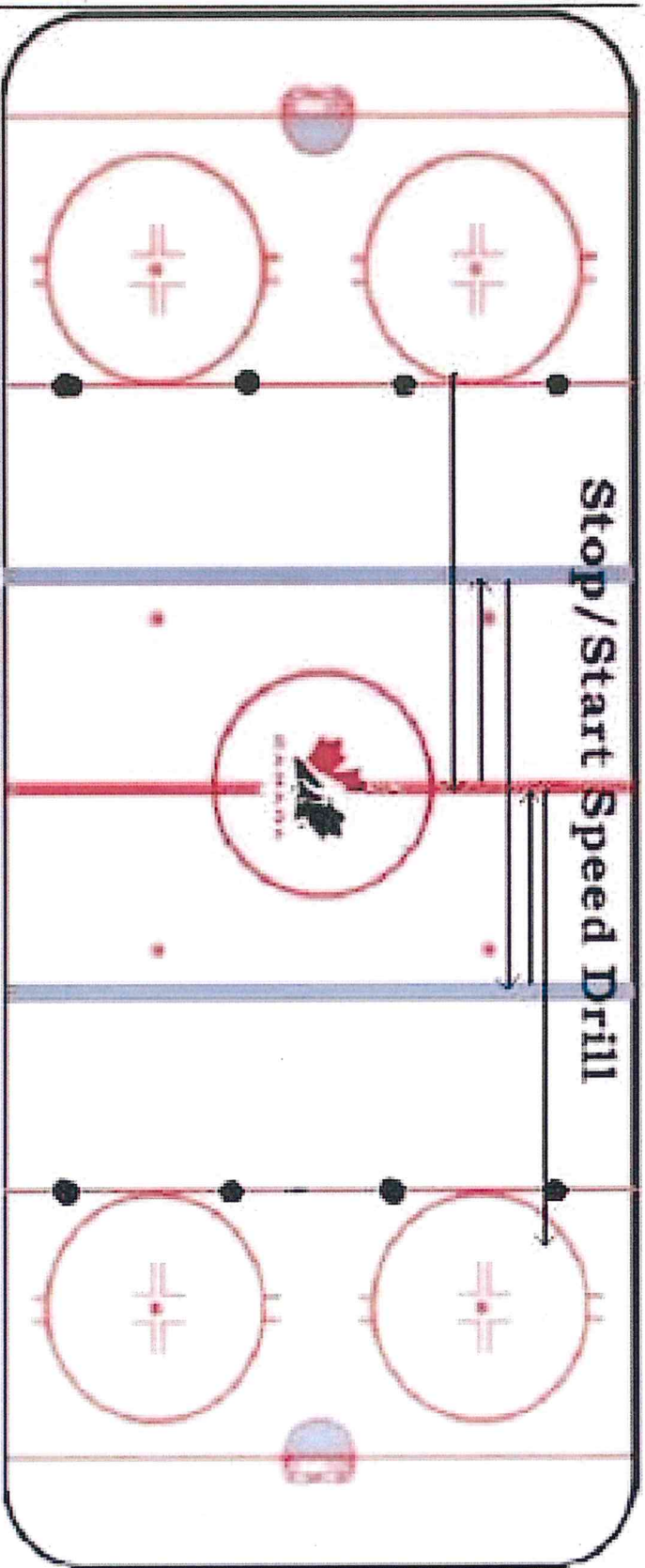
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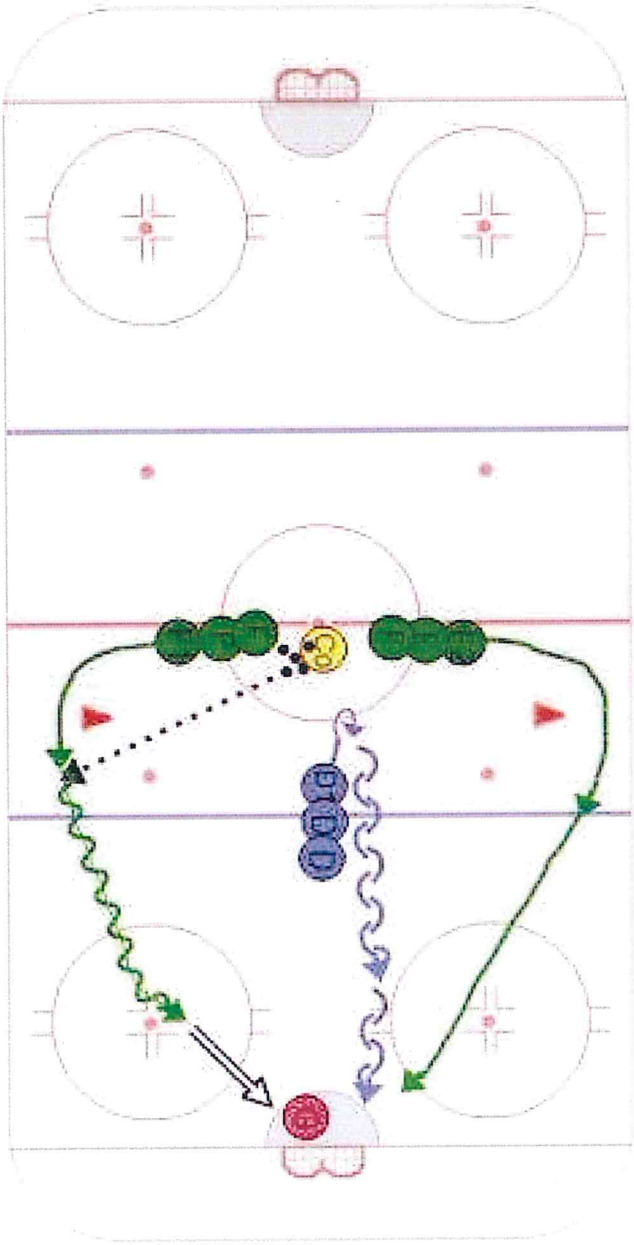


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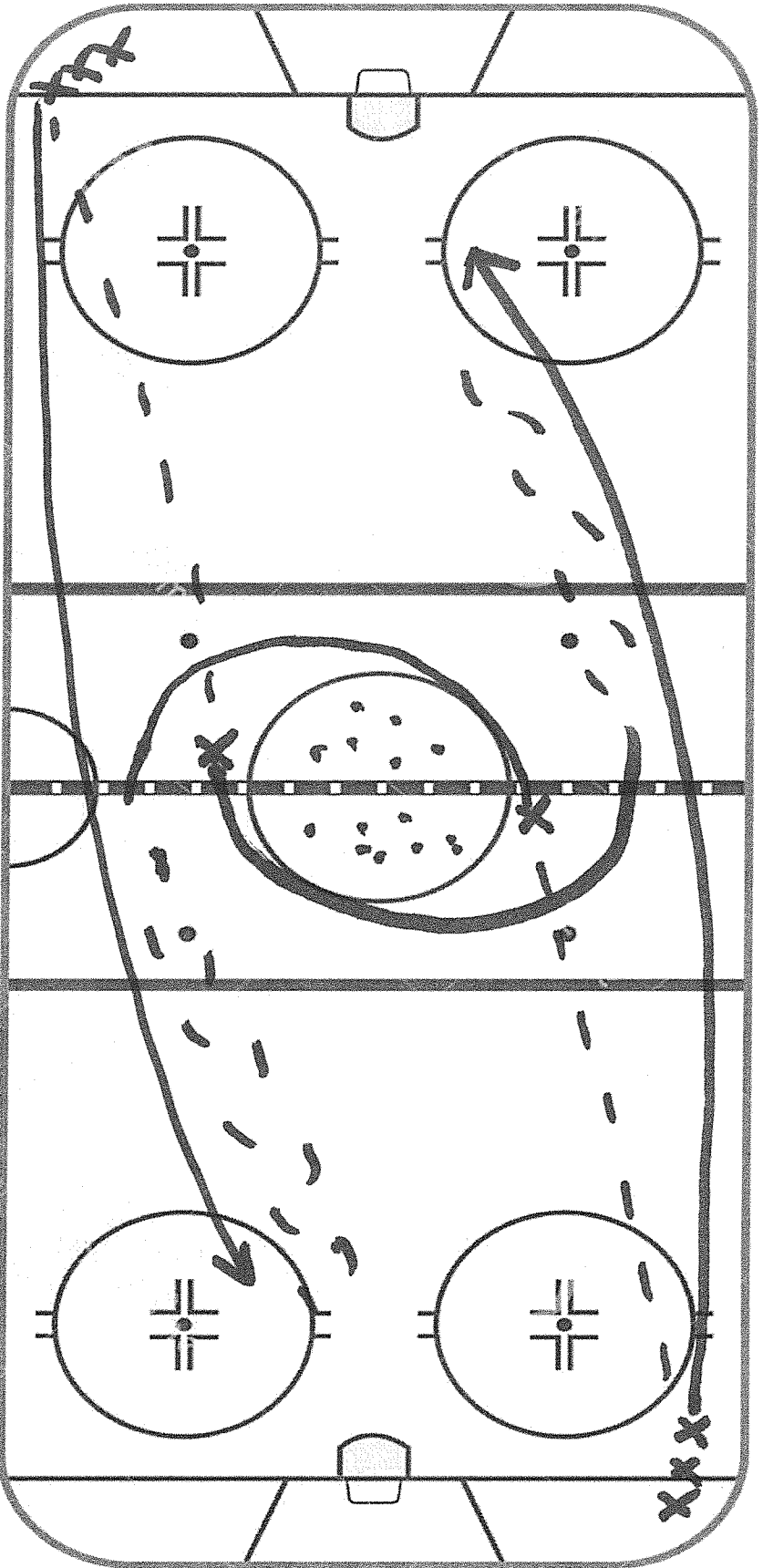


Starts and Stops
Always stop facing the benches



2 on 1
Run on both ends of the ice

One on One Full Ice

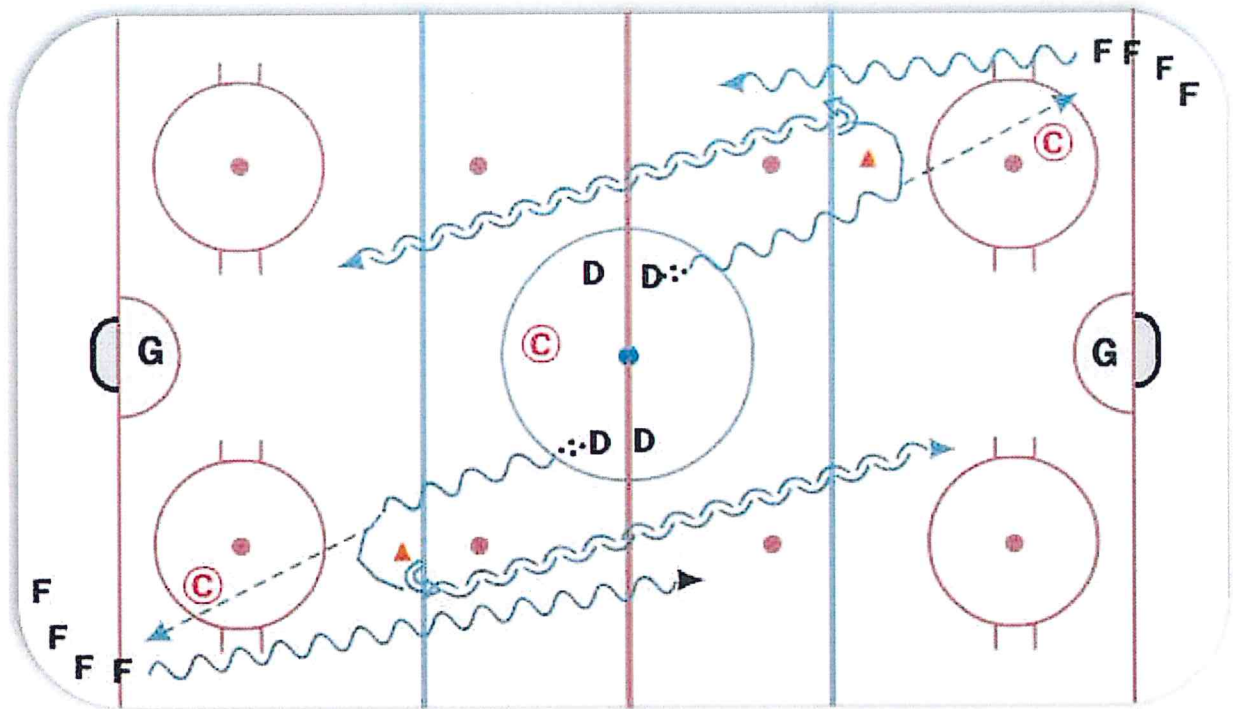


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1 on 1



Description

Forward breaks out carrying puck. Defenceman skates in and curls around pylon inside blue line. Defence skates backwards trying to break up the forward rush. Forward tries to get to net and take a shot on goal.

Tags: 8 to 10 min