

**Overspeed Practice One****Practice No:** 1**Date :** Oct. 187**Time :** 8 a.m.**Duration :** 60 Minutes**Version no :** _____**Prepared by :** _____**Objectives / Main tasks :**

Overall objective: getting comfortable with speed
Form objective: getting full extension on stride by returning to center

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING

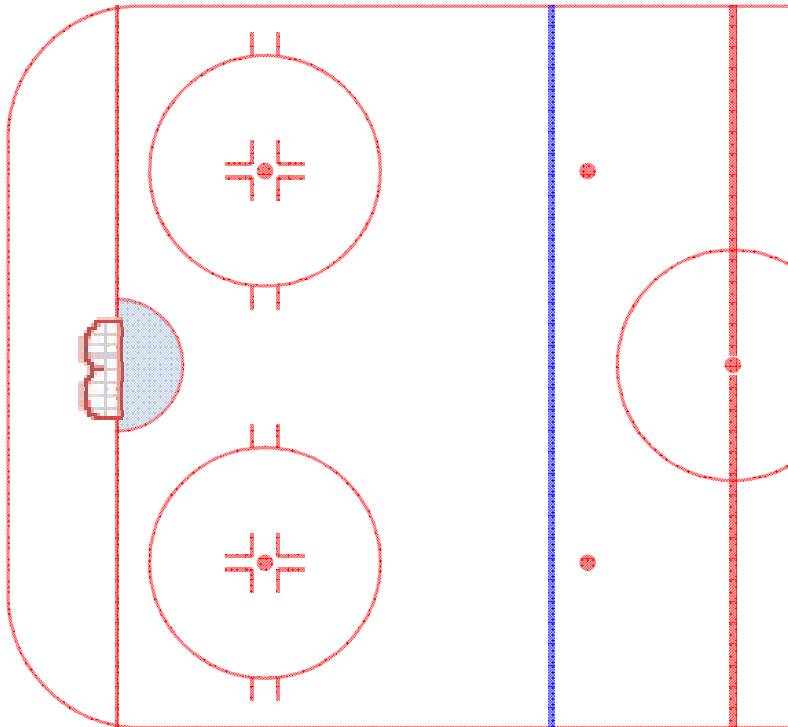
Drill no. : 1 Duration : 10 Minutes From : 8:05 To : 8:15

Category #1 :

Title :

Category #2 :

Content elements: Components :



Key Points :

Description

1. Full extension, return to center (right leg)
2. Full extension, return to center (left leg)
3. Full extension, return to center (alternating legs)

Skates must *physically touch* after each stride to ensure a full return has been made.

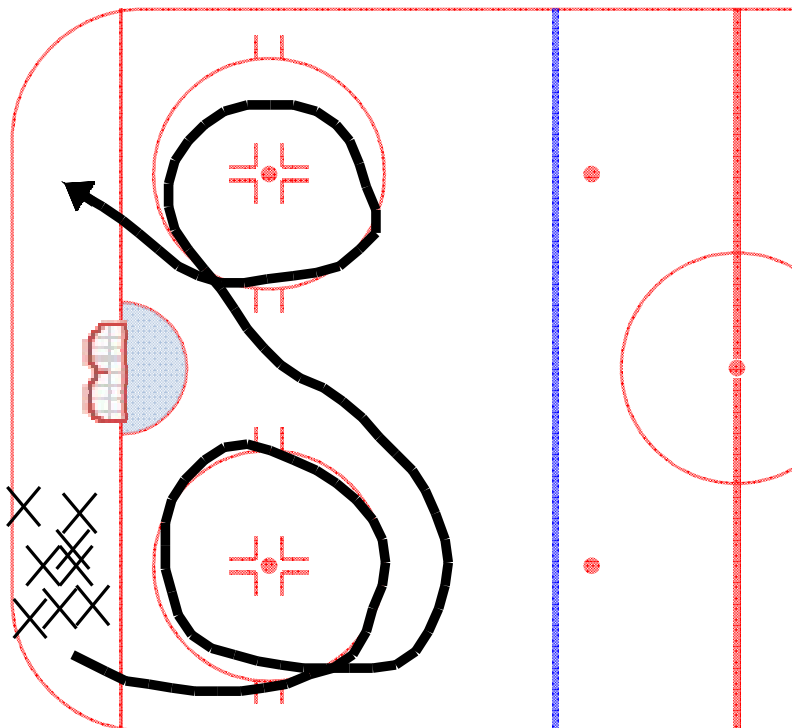
Drill no. : 2 Duration : 5 Minutes From : 8:15 To : 8:20

Category #1 :

Title : Speed Circles

Category #2 :

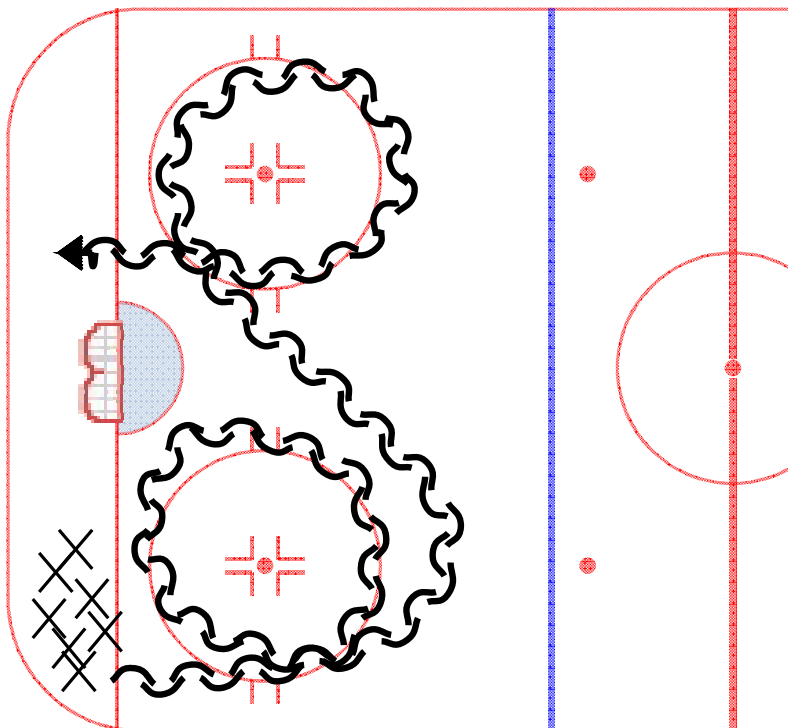
Content elements: Components :



Key Points :

Description

Content elements:



Key Points :

Description

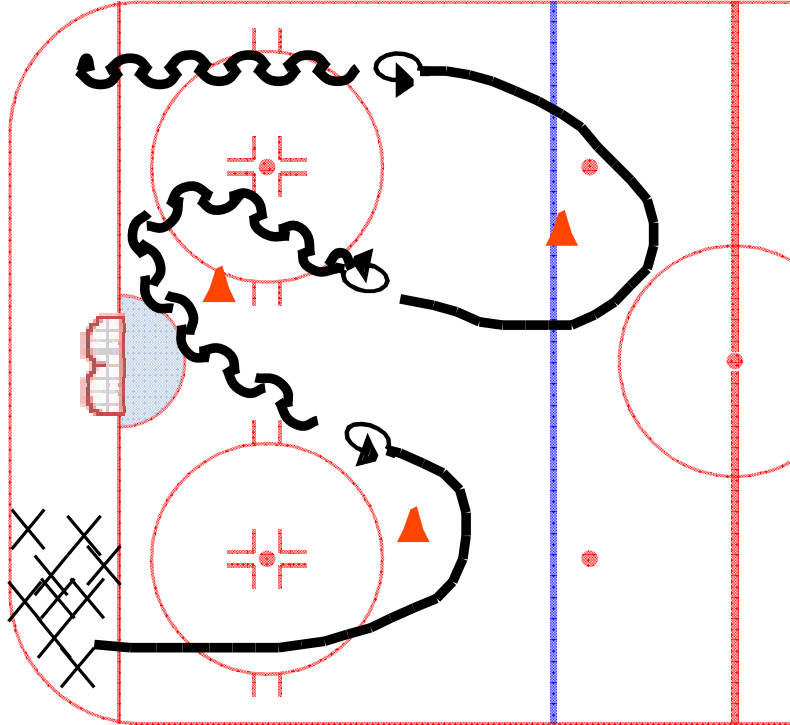
Drill no. : 4 Duration : 7 Minutes From : 8 : 25 To : 8 : 32

Category #1 :

Title : Pivots Around Cones

Category #2 :

Content elements: Components :



Key Points :

Description

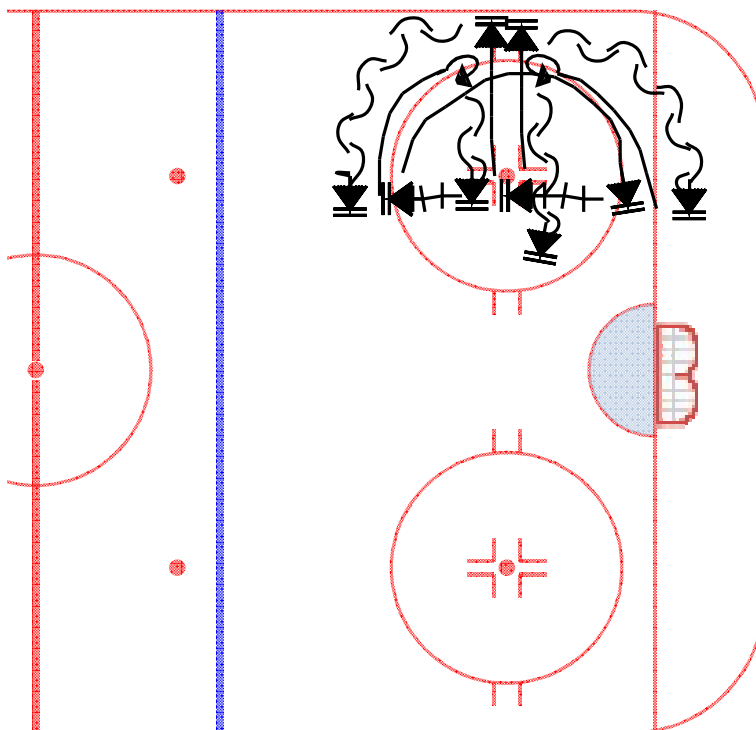
Drill no. : 5 Duration : 10 Minutes From : 8 : 32 To : 8 : 42

Category #1 :

Title : Circle Agility

Category #2 :

Content elements: _____ Components : _____



Key Points :

Description

1. Player starts on the face off dot.
2. On the whistle he explodes to the edge of the circle, pivots and skates backward along the LEFT side of the circle to about the middle of the circle, and stops.
3. Player then skates forward along the same edge of the circle until he comes back to the top of the circle again, then pivots and skates backward to the dot, and stops.
4. Player executes side-step-crossovers to the left edge of the circle, stops, side-step-crossovers all the way back across to the far right edge of the circle, stops, then side-step-crossovers back to the dot, and stops.
5. Player again explodes to the top of the circle, pivots and skates backward along the RIGHT side of the circle to about the middle of the circle, and stops.
6. Player then skates forward along the same edge of the circle until he comes back to the top of the circle again, then pivots and skates backward all the way to the bottom edge of the circle.

We will set up four circles (the third and fourth "circles" will be marked with cones).

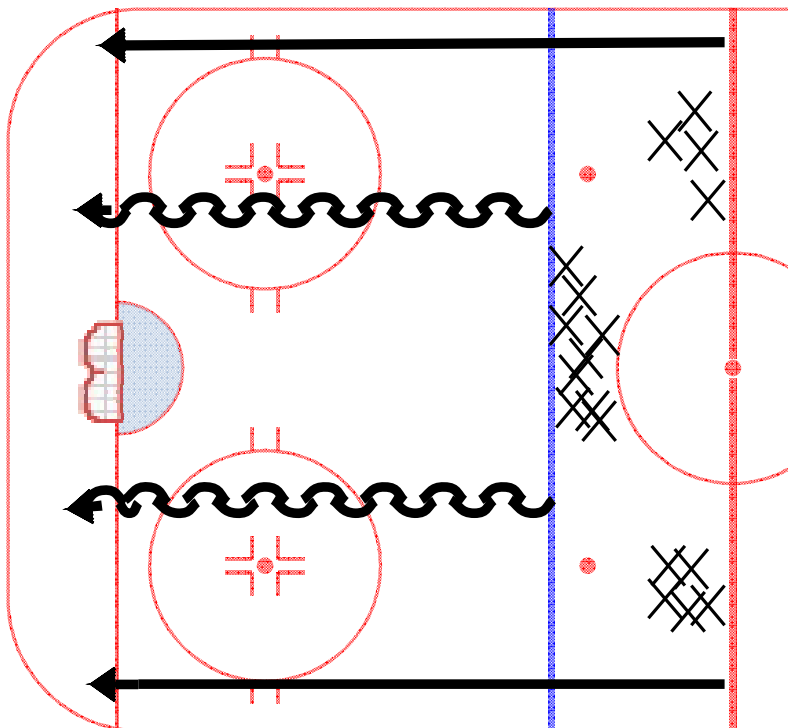
Drill no. : 6 Duration : 8 Minutes From : 8 : 42 To : 8 : 50

Category #1 :

Title : Forward vs Backward Race

Category #2 :

Content elements: Components :



Key Points :

Description

Forwards start on red line
Defense starts on blue line

on whistle, forwards skate forward and defense skate backward

First to the goal line "wins"

Switch lines

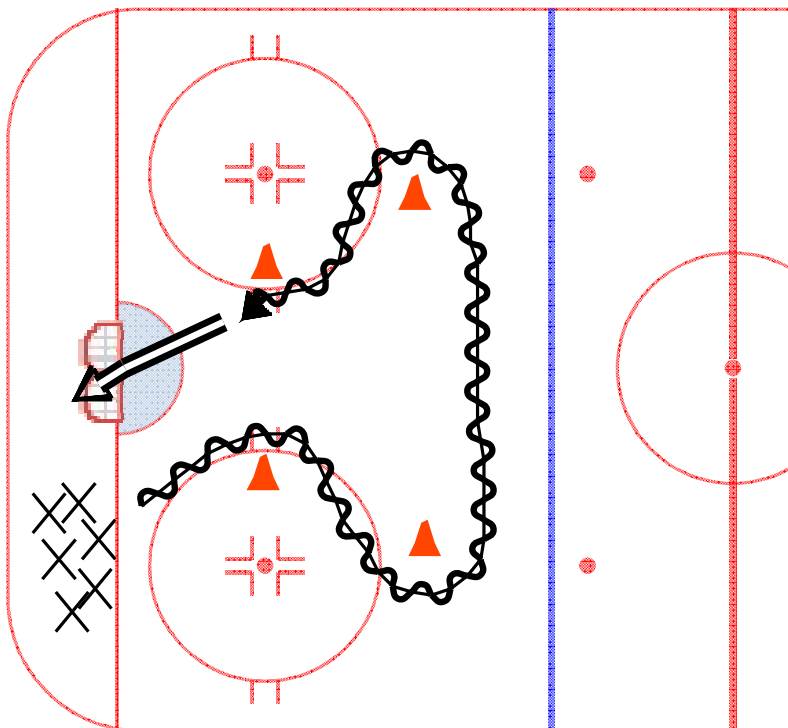
Drill no. : 7 Duration : 10 Minutes From : 8:50 To : 9:00

Category #1 :

Title : Half-Peanut

Category #2 :

Content elements: Components :



Key Points :

Description

Simple stickhandling around cones.

Shot should come immediately after last cone (i.e. at the hashmarks // no deking)

Cones may be moved in as skills progress.