

Creating a Drivetrain and Encouraging Decision Making/Reads



ICL/Mite/Atom On-Ice Coaches Education 10/21/25

How do we begin to teach gift power? What is gift power? Why is it important?

Gift power to me means an athlete's ability to generate force from a bent knee and dorsi flexed position. This means an athlete has an understanding body-skates-stick-puck system that allows them to use their skeleton and muscular system as levers to generate force. Athletes that have gift power show that there is no fast without smooth. The strength and flexibility of bones and joints in the skeleton system is critical.

We want our players to be comfortable in this position and being able to explode from this position. We want our players to be able to play dynamically in this position and be able to do things dynamically in this position.

How do we begin to get there?

Areas of Focus for Our Younger Players

- developing good habits in certain areas of the game
- only way this will occur is through understanding the learning process-learning how to become active listeners-create accountability early
- being able to understand or remotely convey the intent/purpose and the why of the drill (What is this ADM station/other trying to achieve?) They should be able to tell mom and dad.

Where do we start? How do we get these guys moving?

A-Bending/Power Position

- squatting/flat foot squat/outside edge
- little jumps squatted/tire hops
- figure 4
- lateral hold/lateral shifts
- lateral shifts w/ turns

B-Edge Control-The power or the marker...

- Power Position Pushing
- Outside edge hops/Inside Edge Hops
- Swizzles/Question Marks-what this could look like in a station for Atoms/Mites
- One foot power pulls on blue/double bubble around rink

C-Pushing-Rhythm and Force

- low level C-Cuts/strides and extension
- teaching "finding glide"-2 examples
- Pushing In One's Space and building off of this
- Full Ice Pushing-Smooth Power/Drivetrain

Learning to Practice and Get Into Your Own Space and Be Productive-THE FIGURE 8

- each player should be able to get in their own space to be productive and understand what that looks like
- Corkscrew/flat-edge slide
- Figure 8 smooth turns, figure 8 x-overs, figure 8 w/ pressure (w/ and w/o pucks), Russian pairs
- Chaos in a zone for entire group

Puck Control-Quick Run Through of Heel Stride, one hand push, combos, anchoring from Skill List

Making Reads-Going Over How We Can Increase the Ability of a Player to Make a Read and What This Looks Like For a Younger Player

- passing w/ reads/turns w/ reads/pressure pockets w/ reads-building to reads at full speed (2 examples-pressure increase?)

