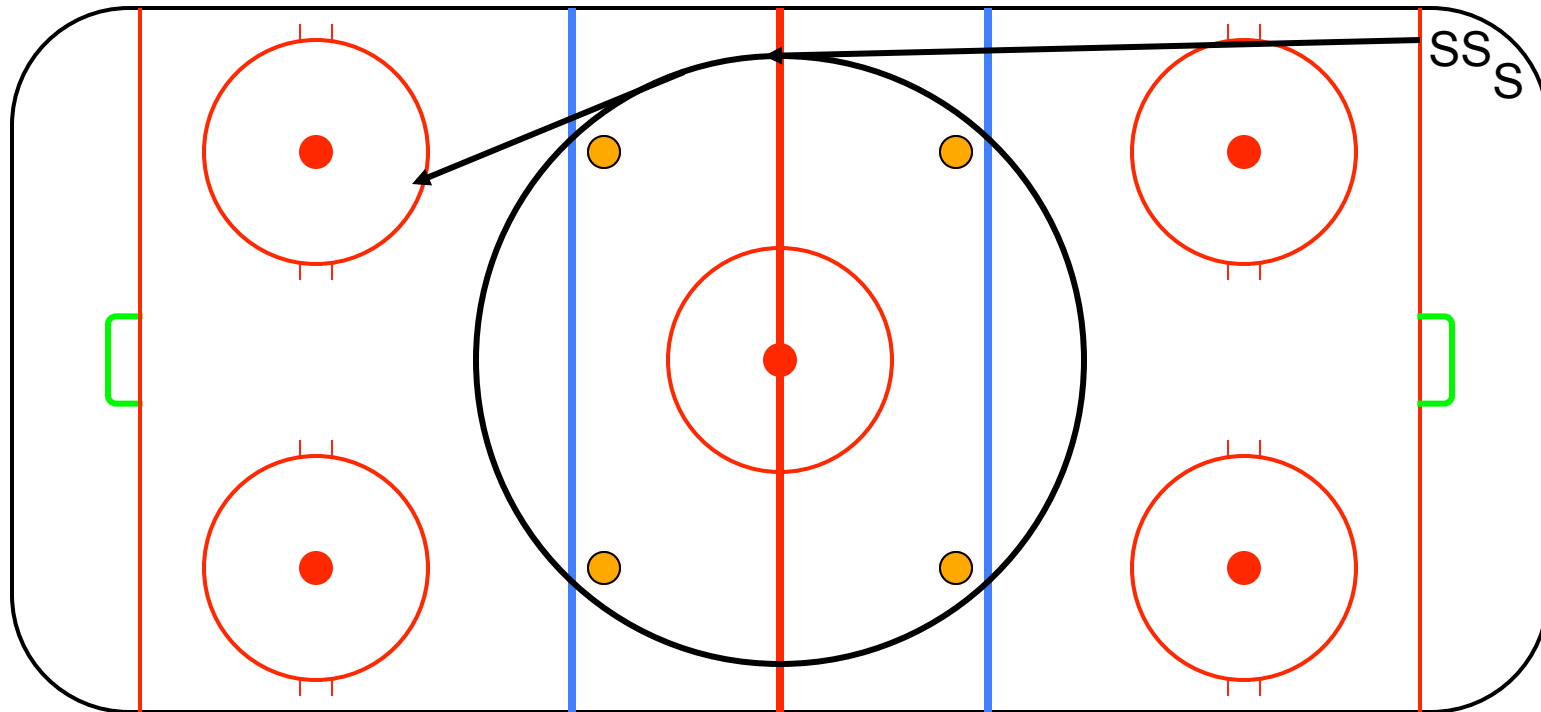


Full Ice Skating – Big Circle

Skilled Mites and Above
5-10 Minutes



Description

Players will start in the corner and skate out to the neutral zone. In the neutral zone they will do a huge crossover circle around all of the neutral zone dots. They should not skate straight away at any point during the circle. They should be doing crossovers the whole time. At the end, if they have a puck they can go in for a shot. Often players are sent 3 at a time on this drill.

Objective

High speed crossovers and wide-turn crossover technique

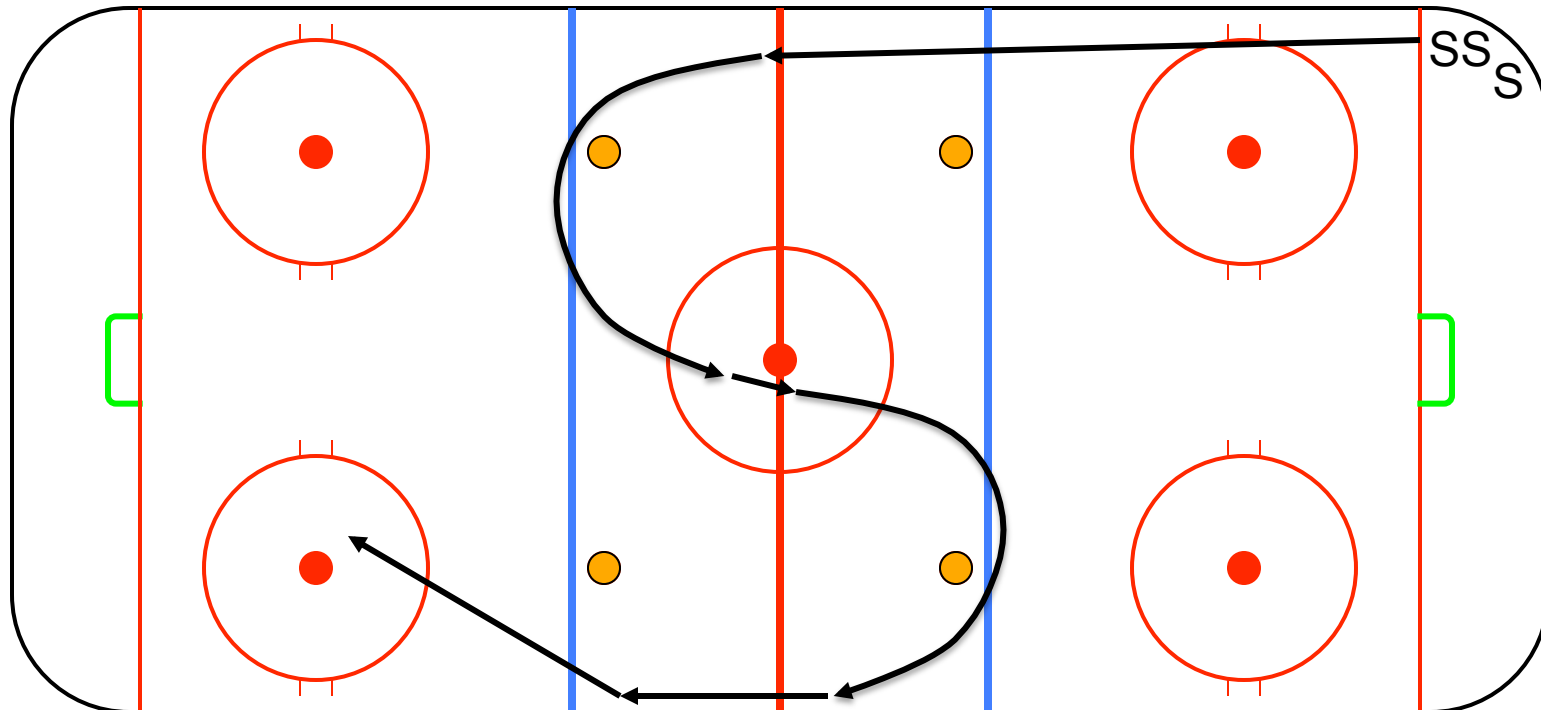
Progression

1. No Pucks
2. With Pucks
3. Both Backward
4. Both with face-same-way transitions



Full Ice Skating – S-Pattern

Skilled Mites and Above
6-12 Minutes



Description

Players will start in the corner and skate out to the neutral zone. In the neutral zone they will do a crossover turn around the far face off dot with the turn ending toward the center ice dot. They will then turn the other way around the kitty corner face off dot and skate into the other offensive zone along the other wall. At the end, if they have a puck they can go in for a shot. It is important that they do not do a power turn on these turns. The feet should keep moving the whole time, but they are high speed, tight crossovers. Other versions have transitions or backward crossovers. Players are often sent three at a time on this drill.

Objective

This drill is designed to force players to increase their lateral force production in high speed crossovers.

Progression

1. No Pucks
2. With Pucks
3. Both Backward
4. Both with face-same-way transitions

