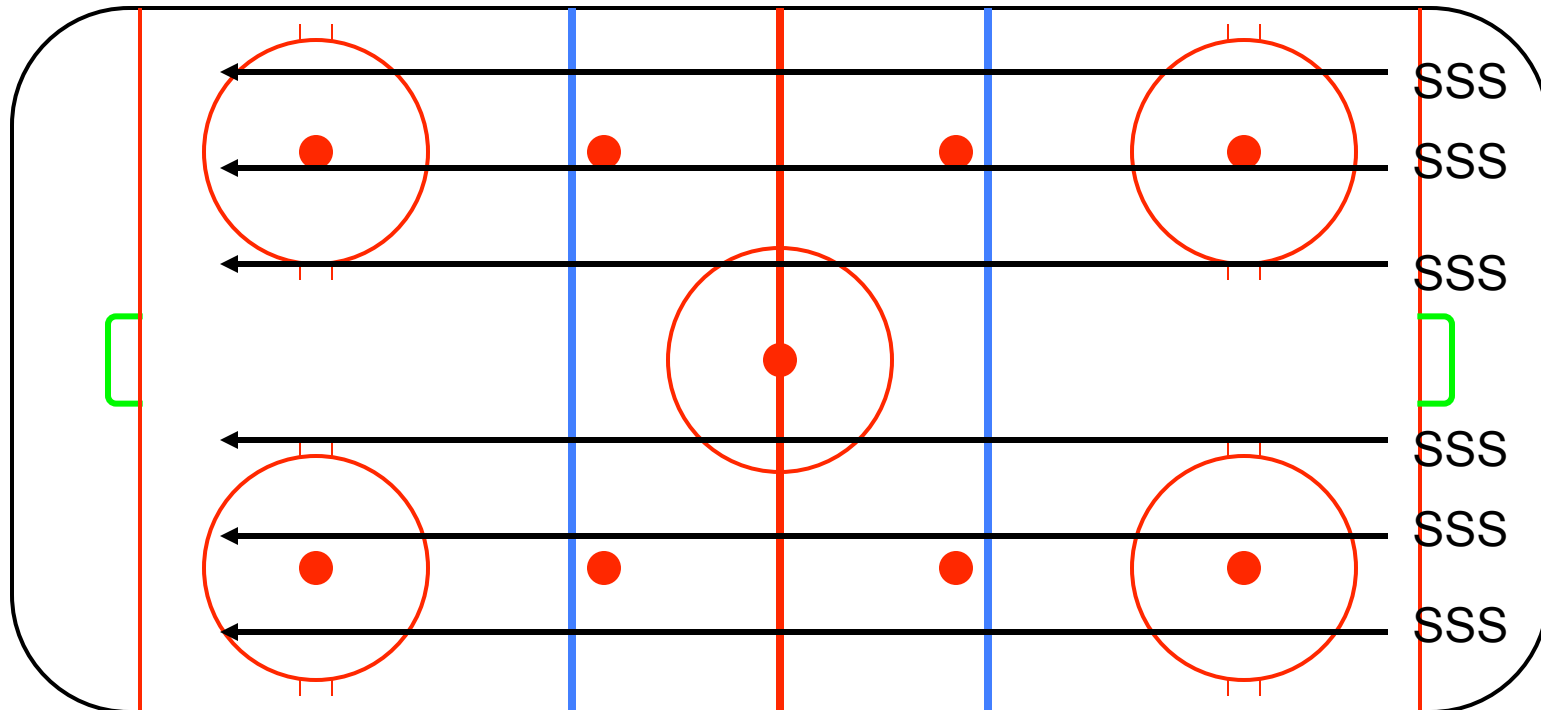


# Foot Speed Line Drills 1

Skilled Mites and Above  
8-15 Minutes



## Description

Players will line up in six lines along the goal line at one end of the ice. Players will face one end of the rink, and crossover in front of them. The player will slowly increase their speed to get to a point where they're uncomfortable and off balance. If the player falls, they will get back up and continue down the ice. As they go back and forth down the ice they'll always face the same side of the rink.

## Objective

To build exceptional foot speed capability and within that control and balance. The idea is to build your foot speed up until you're on the verge of falling.

## Progression

1. As described in "Description".
2. With Crossover Step-Behinds.
3. Carioca
4. V-Start (Penguin Walk) – This is a forward facing version with the same objective... extreme foot speed. Players will turn their toes out and bend their knees. They will then move down the ice quickly, stepping while holding this general body position trying not to allow the skates to glide. They should move their feet as quickly as possible.

