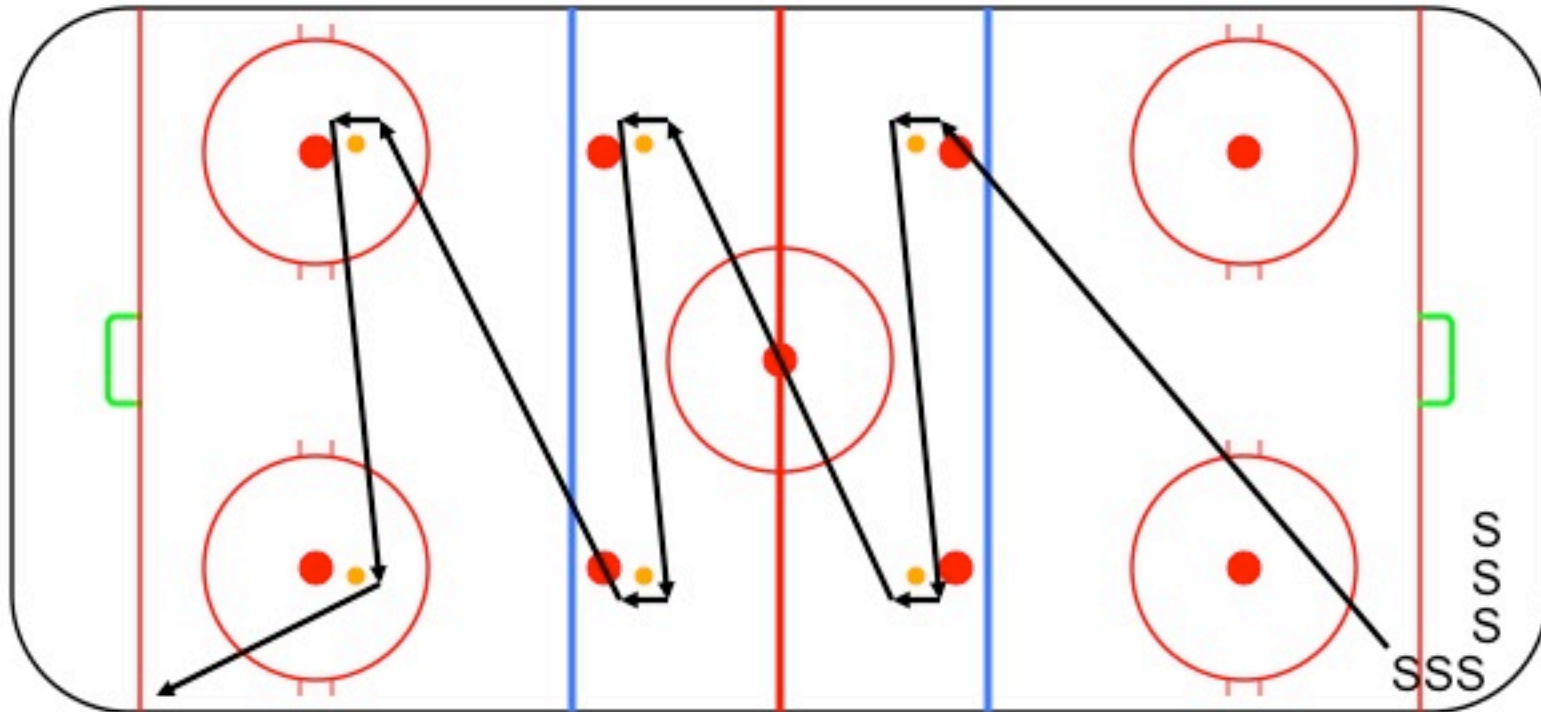


Z-Pattern Power Turns

All Levels
5-10 Minutes



Description

Players will start in a corner of the rink and progress through the drill as shown above with power turns at each cone. Use #2 in the progression to emphasize knee bend and a tight turn.

Objective

To get kids to bend their knees and get low during aggressive tight power turns

Progression

1. Power Turns
2. Power Turns with hand touching the Ice
3. 1-on-1 pursuit race
4. 1-on-1 pursuit race with hand touching the ice
5. With pucks and no hand touching the ice
6. All with sticks immediately before the cone to ensure skating all the way to the cone

