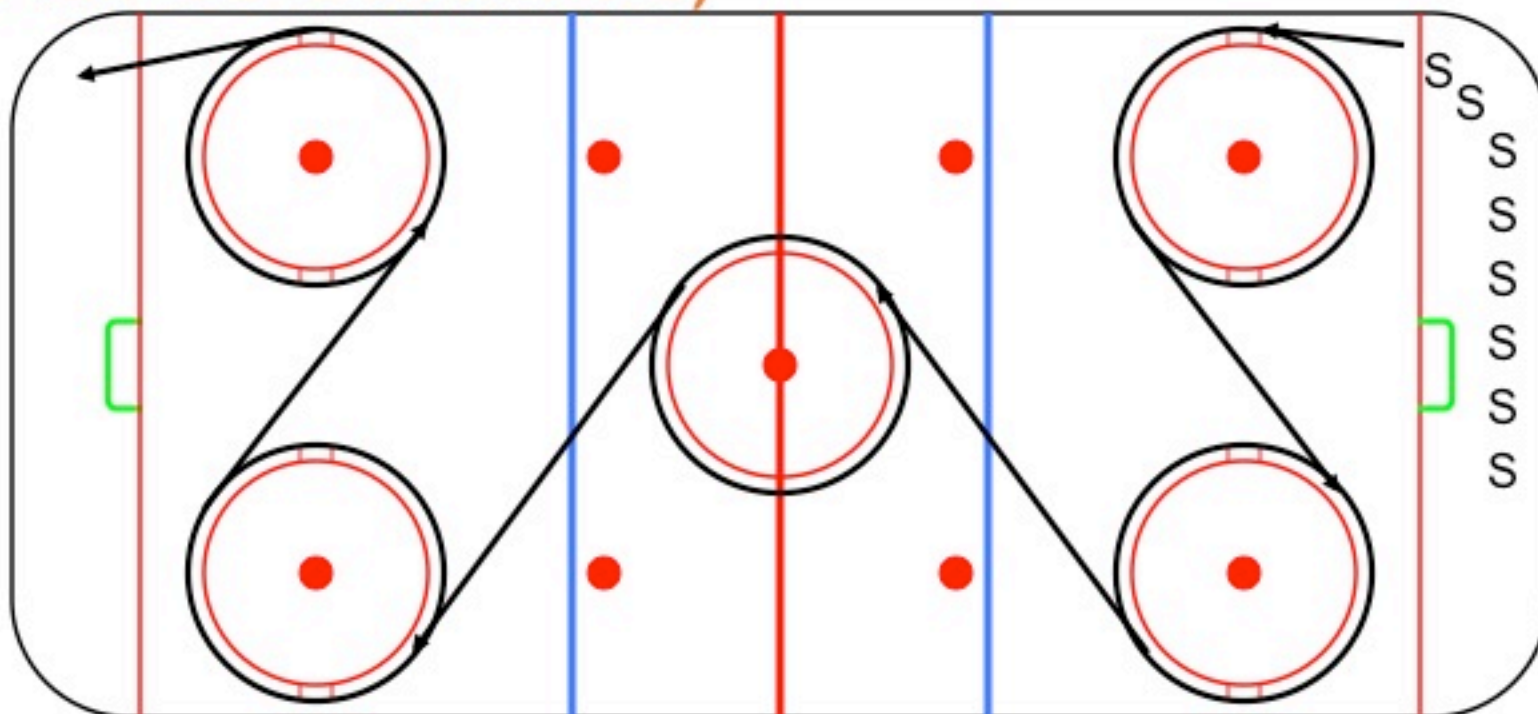


# Russian Circles (If full ice is available)

All Levels  
5-10 Minutes



## Description

Players will line up in a corner. They will skate to the nearest hash mark on the nearest face of circle. They will then perform crossovers on that circle completing a full revolution plus, then moving on to the next circle and doing a full revolution plus of crossovers the other way. They will then move to the next closest circle alternating crossover direction until all five are done. This can be done backward, with or without pucks, with only partial revolutions on each circle, and with emphasis of staying inside the boundary of each circle. But in all of these cases, we want to see it done with the skater staying inside the boundary of the circle as often as possible. We want maximum direction

## Objective

To develop crossover technique and skating agility

This shows full circles. We use half circles on each circle in our drills.



## Progression

1. Forward
2. Full revolutions with tight turning that stays inside the boundary of the circle (This option applies to the rest of the progression as well)
3. Backward
4. Without complete revolutions
5. Forward and backward with pucks