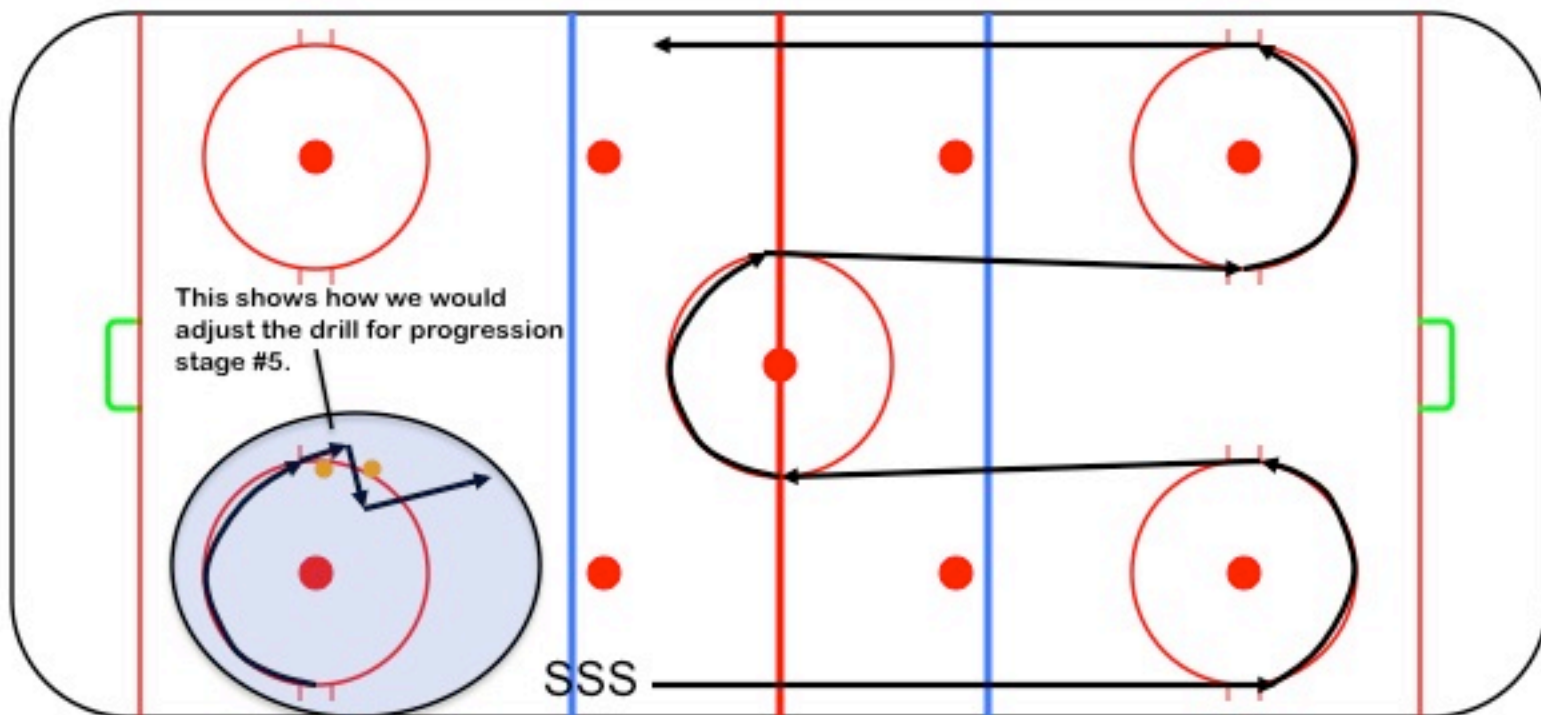


2-Zone High Speed Edges

Skilled Mites and Above
4-8 Minutes



Description

Objective

Progression

In this drill we will use the neutral and one offensive zone. Players will start in the neutral zone and skate along the boards toward an offensive zone face off circle. They will get on to one of their edges as they turn around the path of the face-off circle. They can either use the outside edge of the inside leg or the inside edge of the outside leg (with regard to the legs the terms inside and outside refer to inside and outside of the turn). This turn is to be done at high speed with deep knee bend while trying to exactly trace the circle. The player will then skate to the center ice face off circle and do the same thing the opposite way. He'll then continue to the other face off circle in the same zone as the first face off circle and perform the original turn again on this circle, finishing along the wall, getting in a line and ready to do it the other way.

To develop high speed balance and edge control with the knee bend needed for hockey.

1. Forward Inside Edges
2. Forward Outside Edges
3. Backward Inside Edges
4. Backward Outside Edges
5. All with cones in place to force an aggressive exit push (the exit of the turn)
6. All with one-foot pivots half way through the turns

