



COMPETITIVE EDGE

Drill Diagram Legend

S = "Student" or player on the team

C = Coach

 = Player movement across the ice

 = Most often this represents a shot, but it can represent a specific type of player movement, such as one-footed or backward skating

 = Puck movement across the ice either by pass or by stickhandling

 = Specific skate movement required by the drill

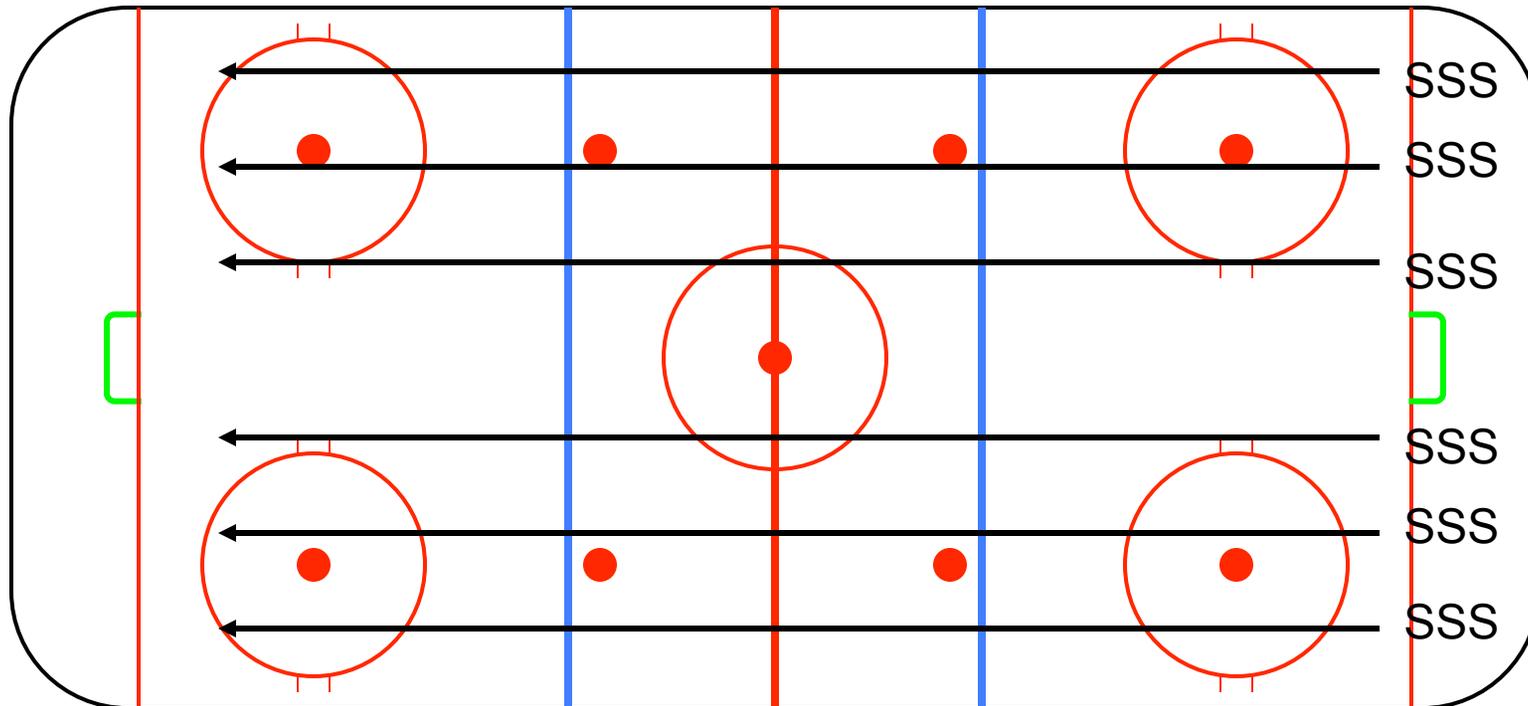
 = Puck

 = Cone or glove

 = Hockey Goal

Line Drill Set Up

All Ages
10-60 Minutes



Description

Players will line up in six lines along the goal line at one end of the ice. Players will skate to the other end of the ice (or the far blue line if the other end of the rink is being used for goalies) executing a highly specific variation of skating and/or stickhandling as they progress to the other end. Details of what is expected of the players on each of these drills must be communicated very clearly. The primary instructor for this drill will be in the middle of the ice teaching the drills to kids and handling on-the-fly adjustments for the middle two lines. Two other coaches will each handle the two lines on either side of the rink. Extra coaches will mix in and instruct whomever needs it.

Objective

To develop knee bend, stride technique, balance, edge control, and/or quick feet.

Progression

There are hundreds of possible line drills... too many to outline the many possible progressions here.



Key Formula 1 Line Drills

Common Drills

1. FI and FO with Deep Knee Bend (DKB)
2. FI and FO Jumps
3. FI and FO Stops
4. Edge Stickhandle Drills
5. Knee-Heel Touch
6. BI and BO with DKB
7. Backward Swizzles with DKB
8. Backward Heel-heel touch
9. Sideways Foot Speed Variants
 1. Step in Front
 2. Step Behind
 3. Carioca

Key

F = Forward

B = Backward

I = Inside

O = Outside

E - Edge

DKB = Deep Knee Bend

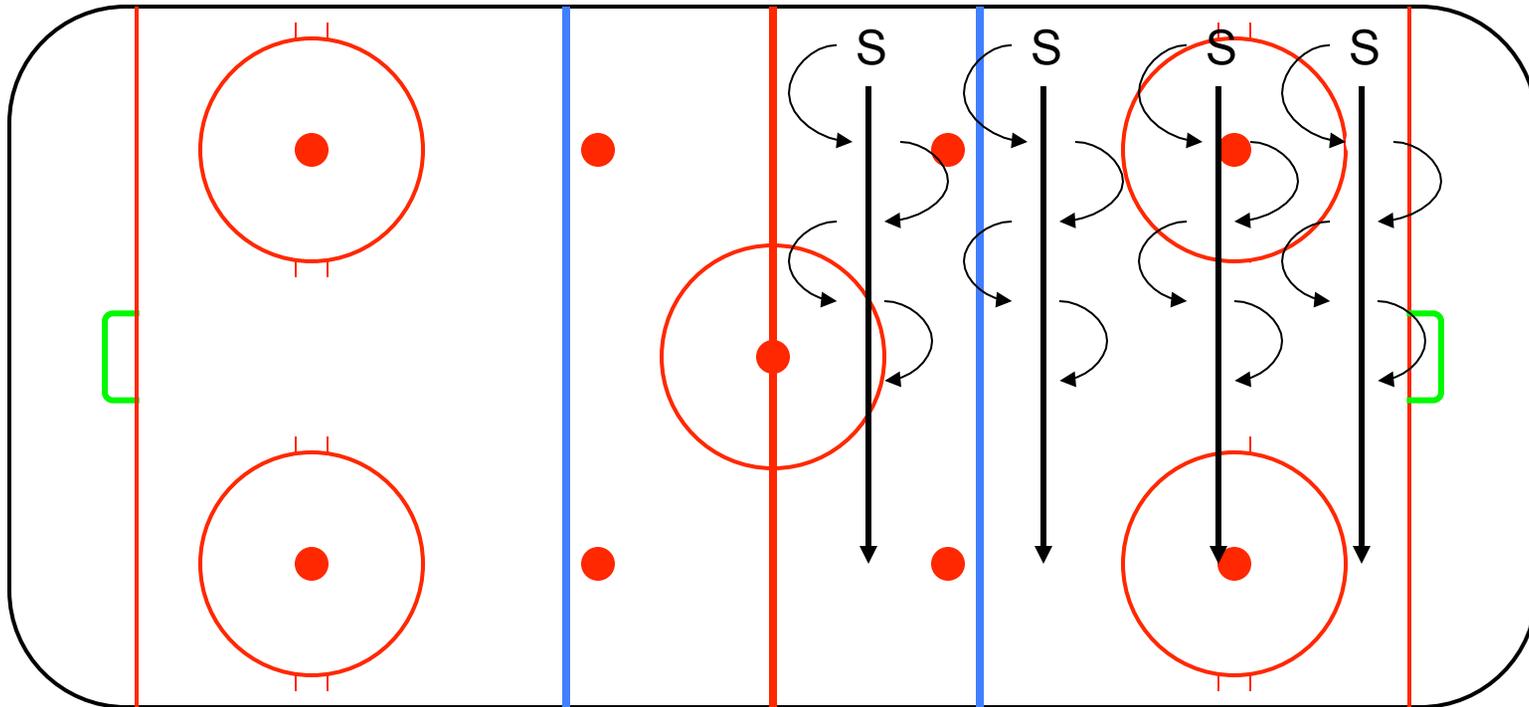
Advanced Drills

1. BI and BO Stops
2. BI and BO Jumps
3. Backward Alternating X-overs 1 and 3 Step
4. F and B Power Pulls
5. Sideways Jumps IE to OE
6. Sideways Jumps OE to IE
7. FI Jumps into Full Stride (quicker and quicker turns until skating cadence – best executed with whistles to create cadence)
8. V-start Standing Broad Jumps
9. Shuffle Stride Variations (wide leg quick cuts)
10. Linear Step-in-fronts alternate side on whistle – Forward and Backward
11. Combination Edges (one foot transitions)
 1. Forward Outside to Backward Inside
 2. Forward Inside to Backward Outside
 3. Backward Inside to Forward Outside
 4. Backward Outside to Forward Inside



Backwards C-cuts

Mites and Below
3-5 Minutes



Description

Players will line up along the boards on half of the ice. They will do standard backward skating across the ice. To do this they will make “c” shaped cuts with one skate at a time, alternating skates as they progress across the ice. The “c” shaped cuts begin by bending the knees deeply and turning the toe of one skate toward the center of their body. They will then extend their leg as they begin to move their leg in a “c” pattern and return their foot to the starting point as the “c” concludes.

Objective

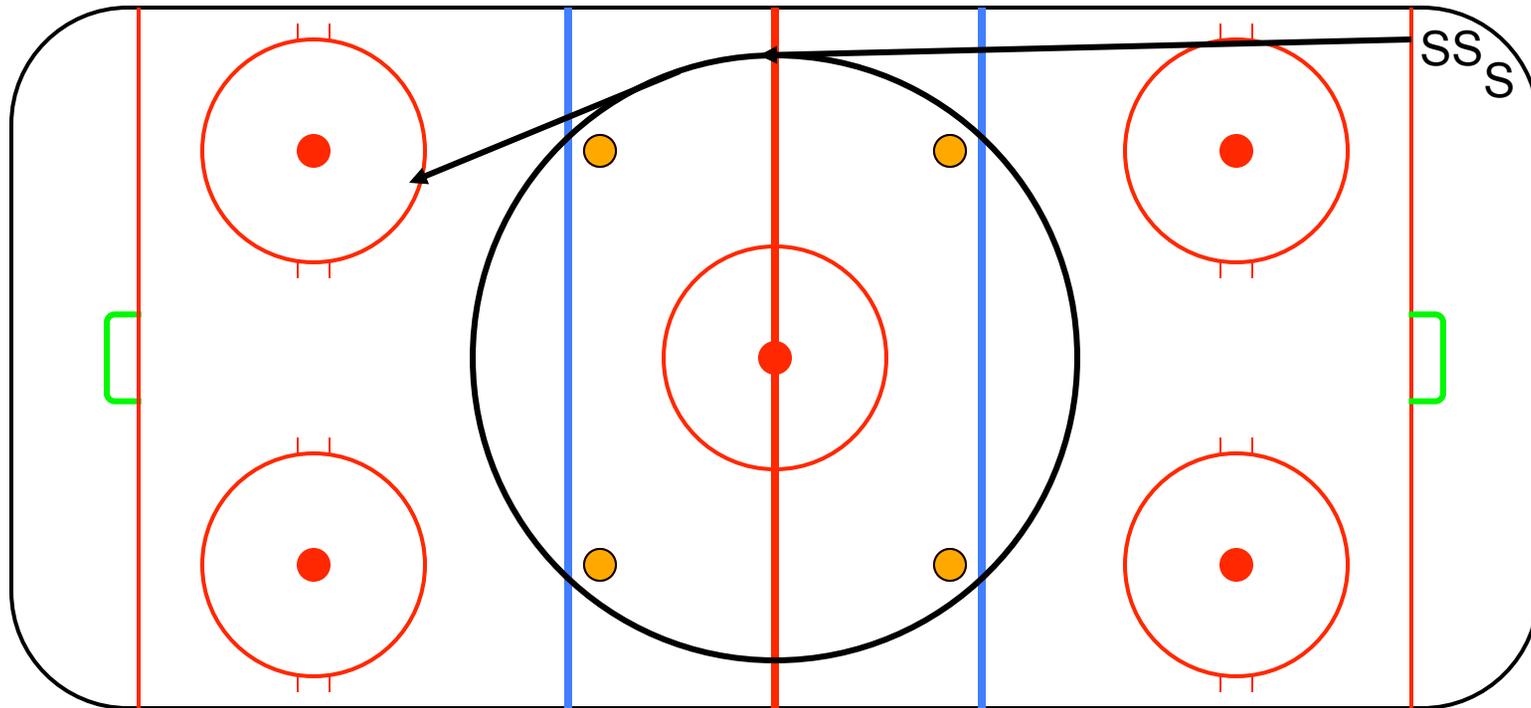
To develop initial and progressing backward skating technique

Progression

1. Standard Backward Stride
2. With heel-heel touch

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

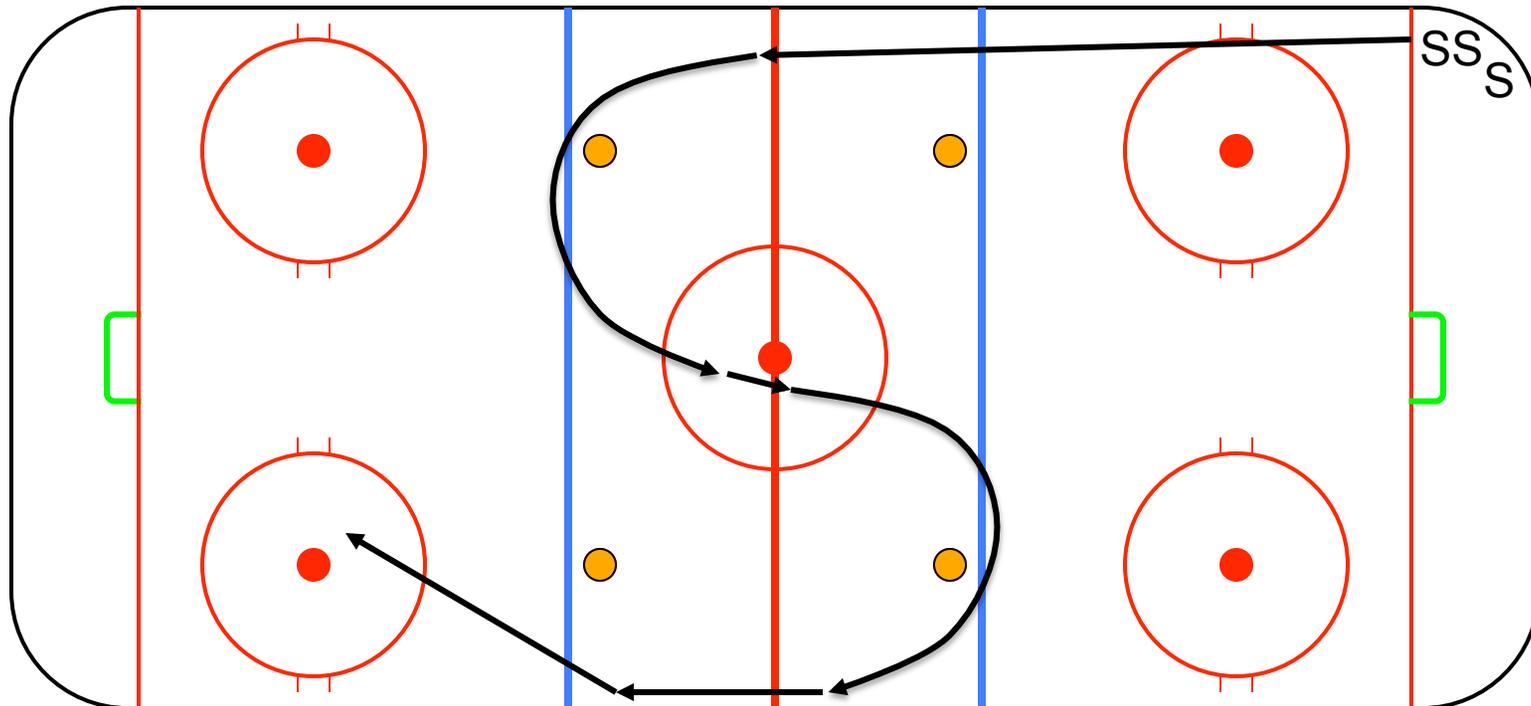
High speed crossovers and wide-turn crossover technique

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

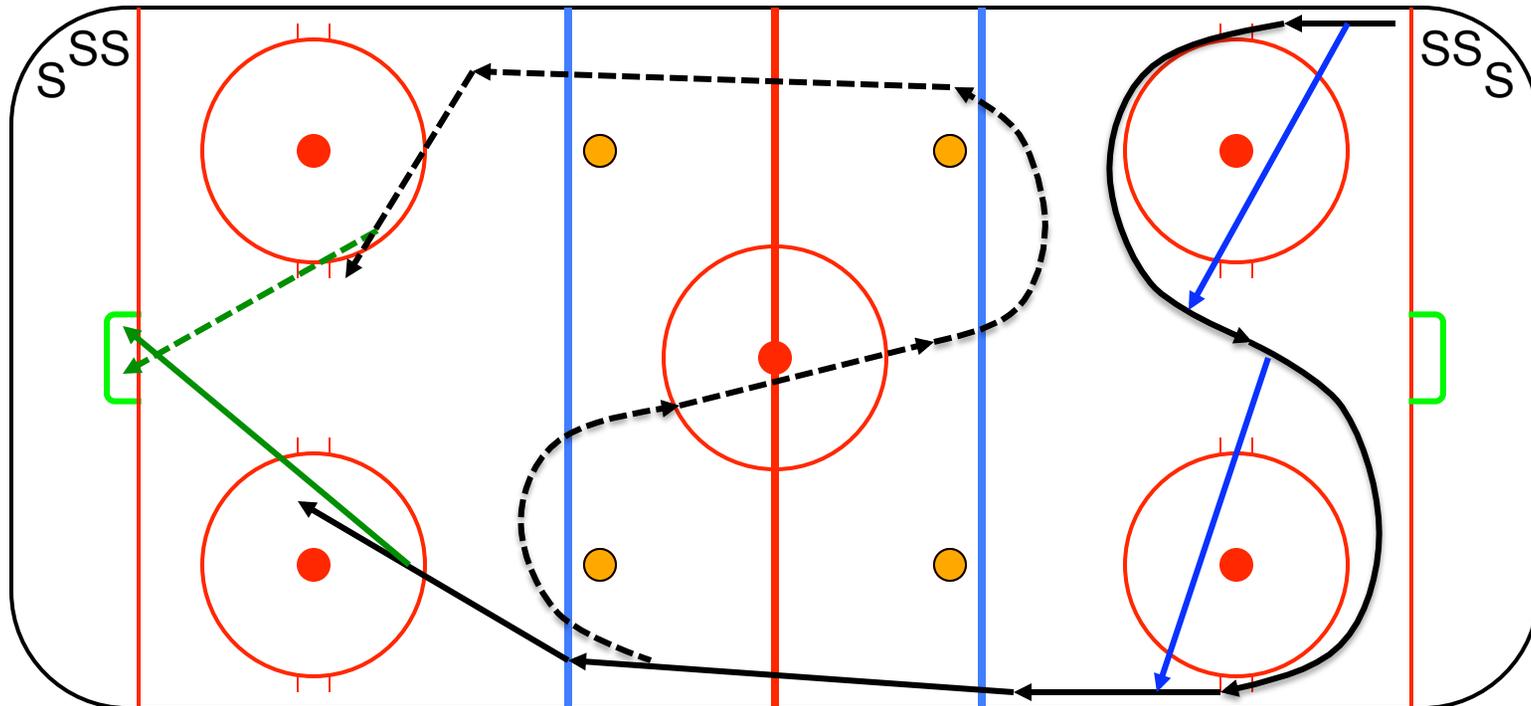
This drill is designed to force players to increase their lateral force production in high speed crossovers.

Progression

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

2 Pass Serpent 1

Squirts and Above
6-12 Minutes



Description

Players will start in the corner and skate to the top of the near circle. After rounding the top of that circle, they will receive a pass from the next guy in line. They will then try to quickly control the puck and move it to a place where they can then pass to the player in front of them who just finished rounding the bottom of the next circle. The simple version then has the player who just received that pass after coming off of the bottom of the second circle going all the way down and shooting. In any case the player who just made that pass continues around the bottom of the circle to receive a pass of his own. An alternative path is shown above in dashed lines and facilitates a few more skills challenges before the shot. Players finish in the corner that has the next line shown above.

Objective

This drills primary objective is to help players learn timing. They need very good timing as a group for the first two passes to work. Second is to learn to quickly receive a pass and get it in position to make another accurate pass. The last thing is to set up for additional skills with the cones in the neutral zone.

Progression

1. Teach the drill the first time by only having one pass from the corner to just past the bottom of the second circle... this helps players understand the path
2. Using the dashed path, power turns
3. Using the dashed path, transitions
4. Using the dashed path, transitions with a pivot escape on the second one
5. Using the dashed path, transitions with a pivot escape fake back
6. Duck walk full circle on center ice circle before shooting

