



Wayzata Skills Week 2 Drill Set

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

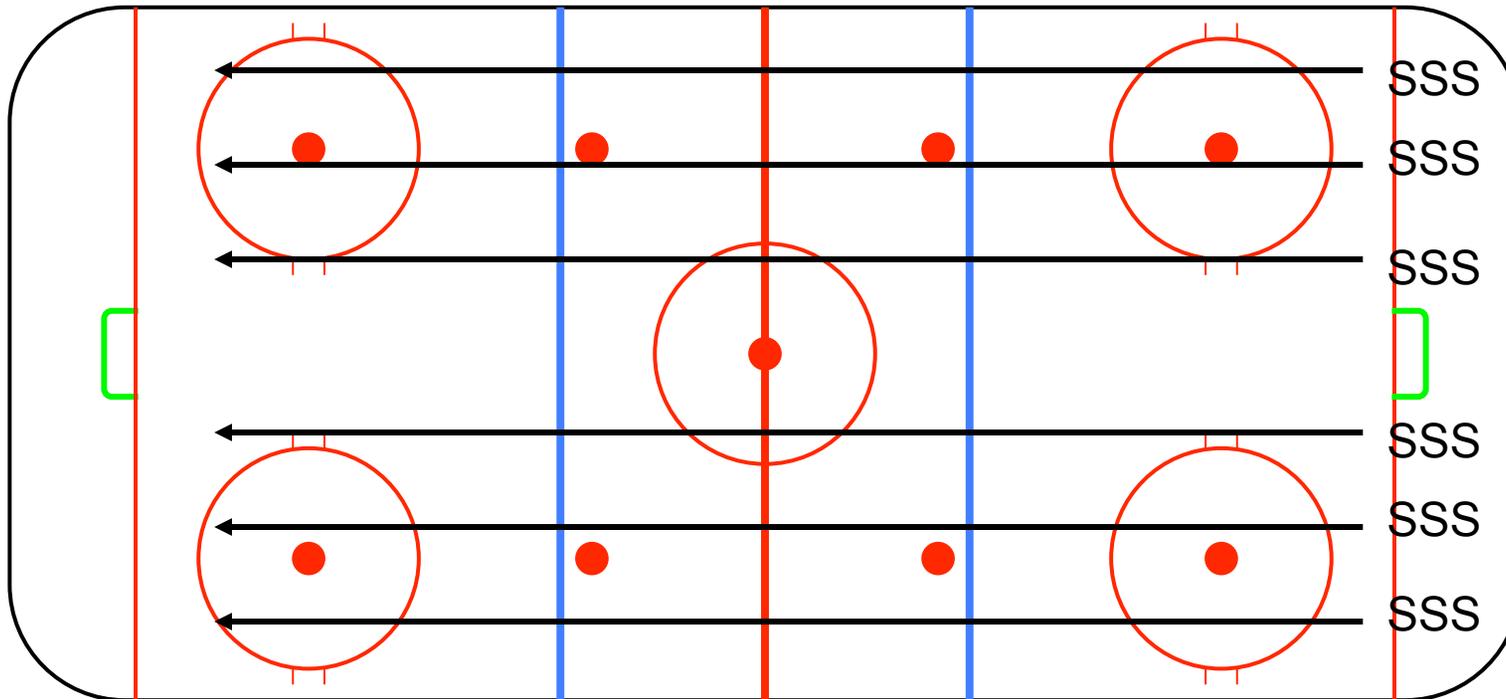
 = Puck

 = 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

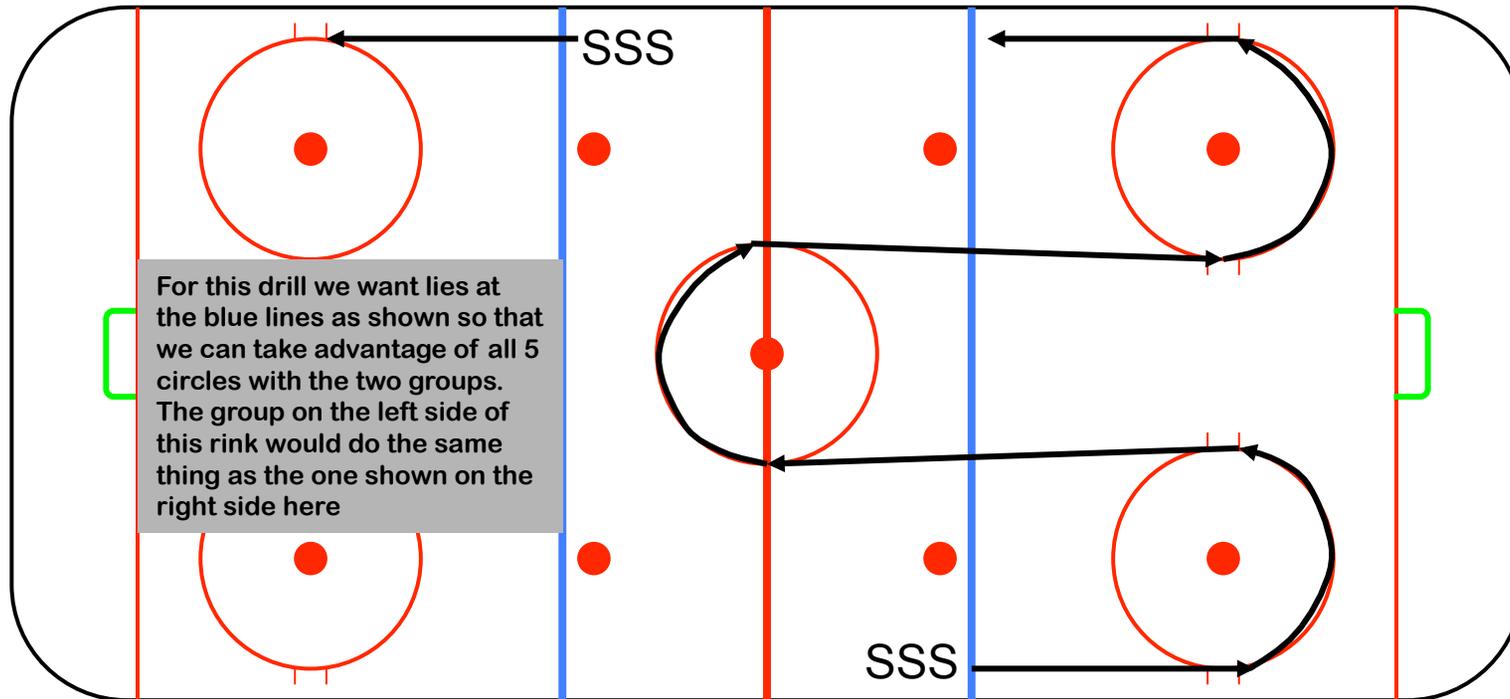
Advanced Drills

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



High Speed Edges

Skilled Mites and Above
4-8 Minutes



Description

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.

Objective

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

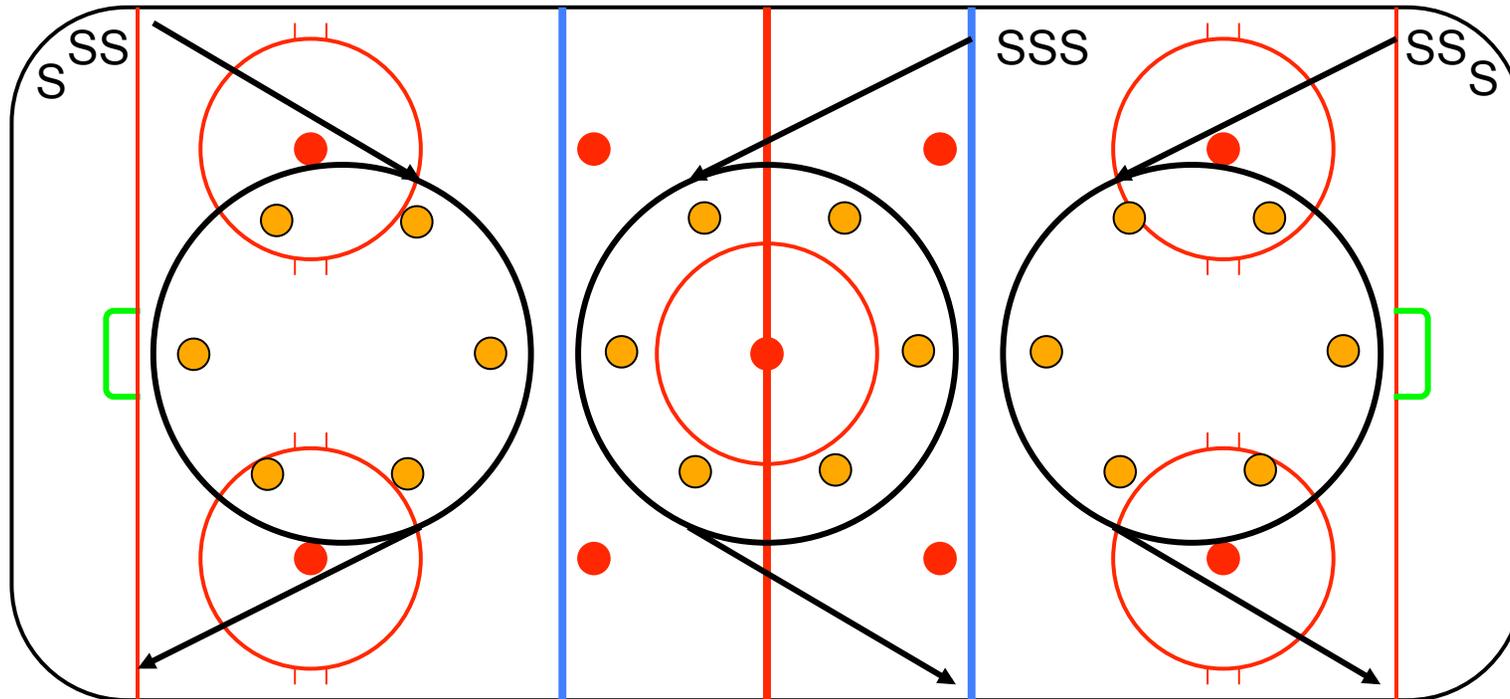
Progression

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



Full Ice Skating – Big Circle

Skilled Mites and Above
5-10 Minutes



Description

Players will start in the corner of a zone and skate out to top cone in the hexagon shown. Once at the top cone the skater will get take one step at each cone and must balance on a single edge between the cones. This is a within a Crossover type process, so your edges that you will be on between cones will be in a repeating pattern as follows; inside, outside, inside, outside, inside, outside. There should be only 6 steps each time around the circle. Typically this drill is done with only one time around the circle for each skater before heading into the other corner of the zone. Players should be spaced out tightly to keep lots of players moving, but not too tight so they interfere with each other.

Objective

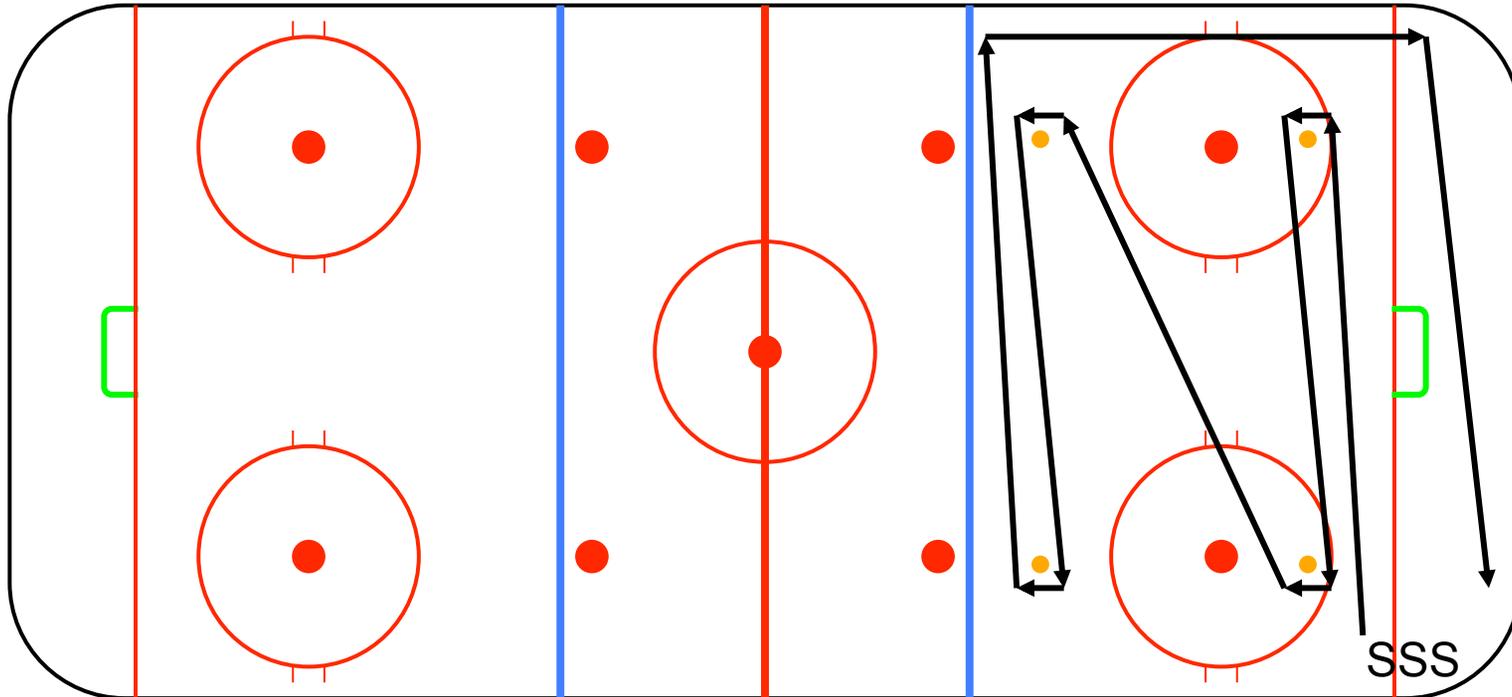
To force flayers into having more comfort on their edges during crossovers and to give them time to exaggerate key points such as knee bend, extension with both legs, posture, etc. The glide times force them to get power out of each push as well.

Progression

1. Forward Edge Focus Delayed Crossovers
2. Forward Knee Bend / Extension Focus Continuous Crossovers
3. Both of the above with a bigger hexagon.
4. Same process backward

3 Zone Z-Pattern Power Turns

All Levels
5-10 Minutes



Description

Players will start in a corner of one zone 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. The pattern as shown has players returning to the line and continuing through the drill. This will happen in all 3 zones simultaneously.

Objective

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

Progression

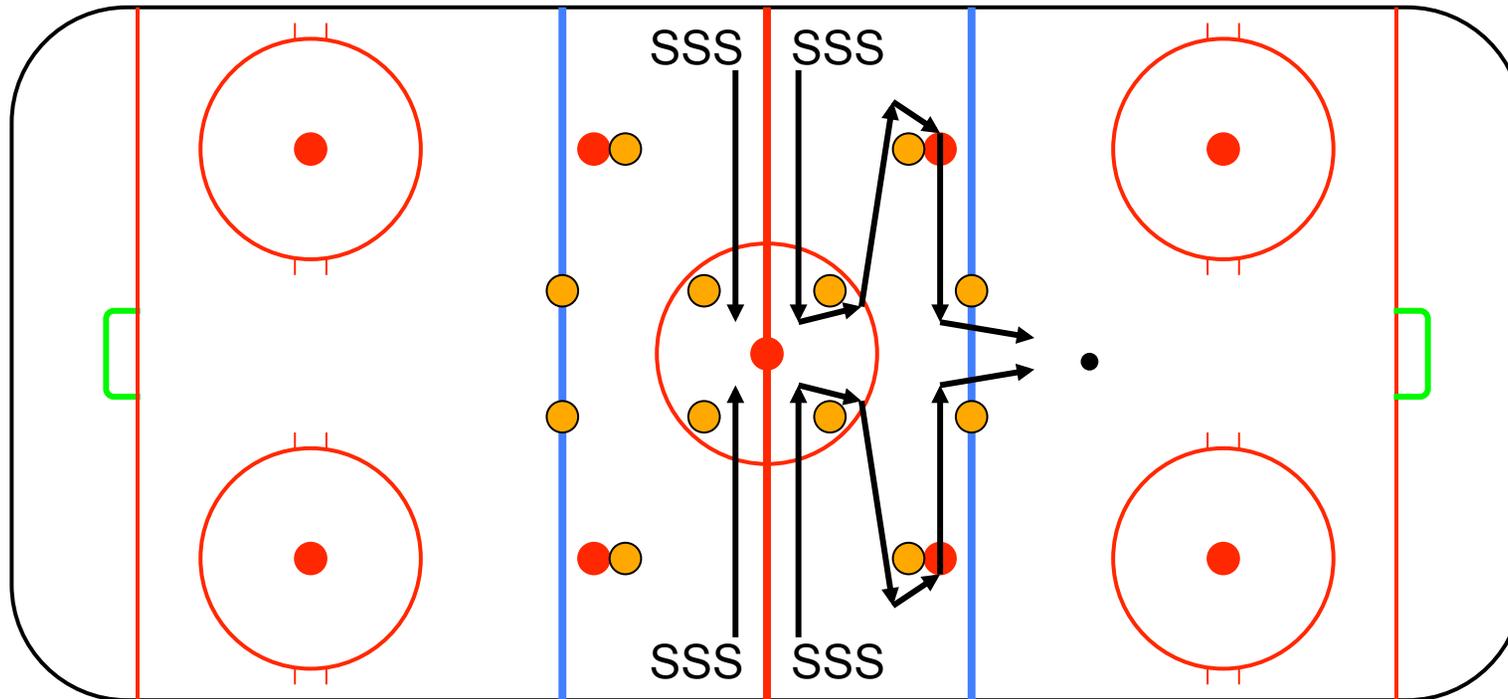
1. Power Turns
2. Power Turns with hand touching the Ice
3. 1-on-1 pursuit race
4. 1-on-1 pursuit race with hand touching the ice
5. With pucks and no hand touching the ice
6. All with sticks immediately before the cone to ensure skating all the way to the cone



LPR RL 2

3 Turn Races

Advanced Mites and Above – 15-30 Minutes



Description

This drill facilitates first, technical instruction on skating maneuvers and then a competitive setting that motivates players for very high tempo execution. Players will form four lines each along the boards and facing the place where the center red line intersects the side boards. From here, all four lines will send a player through the drill simultaneously. Each player will skate to a cone near center ice and then do a power turn of about 180 degrees, will skate to another cone, do a power turn the other way of about 180 degrees, and then skate to their last cone power turning about 90 degrees. If it is a race, they will find a loose puck there or carry a puck through a finish area that is set up. They switch lines every time.

Objective

This drill gets a lot of kids performing the skills at once and motivates players to perform at a very high tempo. Skills should be done correctly to the degree possible, but the competition here is the key to the drill as it facilitates game-realistic execution.



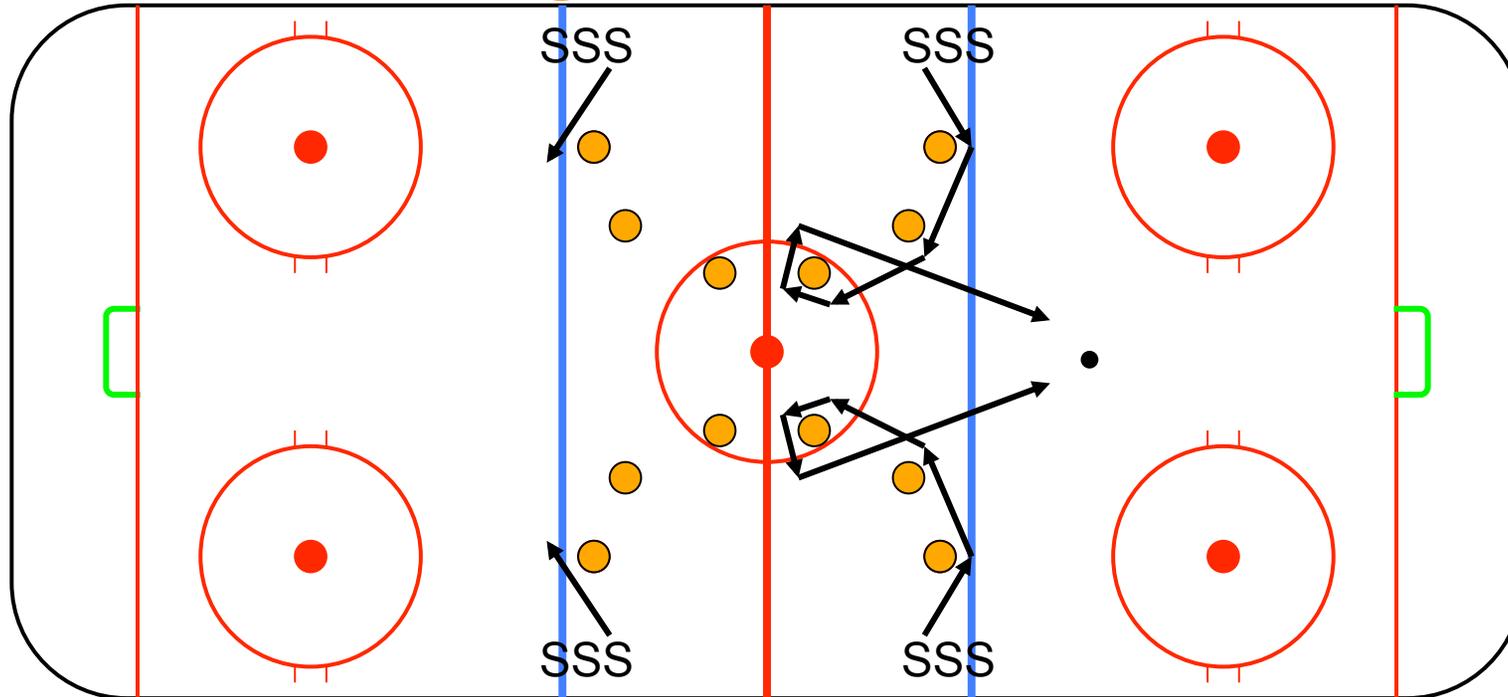
Progression

1. Power Turns No Pucks
2. Power Turns Loose Puck Races
3. Power Turns With Puck Races
4. All three variations with Heel-to-heel turns (360 degree turn at last cone)
5. All three variations with face-same-way transitions at the first two cones
6. All three variations with stop-spins at the cones (spray the cone and spin away from it – the second cone should be pushed wider toward the side-boards for this version)

LPR BL (“Blue Line”) 1

Crossovers To Tight Turn Race

Advanced Squirts and Above – 10-25 Minutes



Description

This drill facilitates first, technical instruction on skating maneuvers and then a competitive setting that motivates players for very high tempo execution. Players will form four lines each where a blue line intersects with the sideboards. Each line will send a player at the start of the drill. Players will perform accelerating crossovers around the cones in front of him until he reaches the third cone. At the third cone they will tighten the turn into a power turn of about 225 degrees and then skate across the blue line. If it is a race, they will find a loose puck there or carry a puck through a finish area that is set up. They switch lines every time.

Objective

This drill gets a lot of kids performing the skills at once and motivates players to perform at a very high tempo. Skills should be done correctly to the degree possible, but the competition here is the key to the drill as it facilitates game-realistic execution. In this case, controlled deceleration on a curve is the key skill we are attacking.

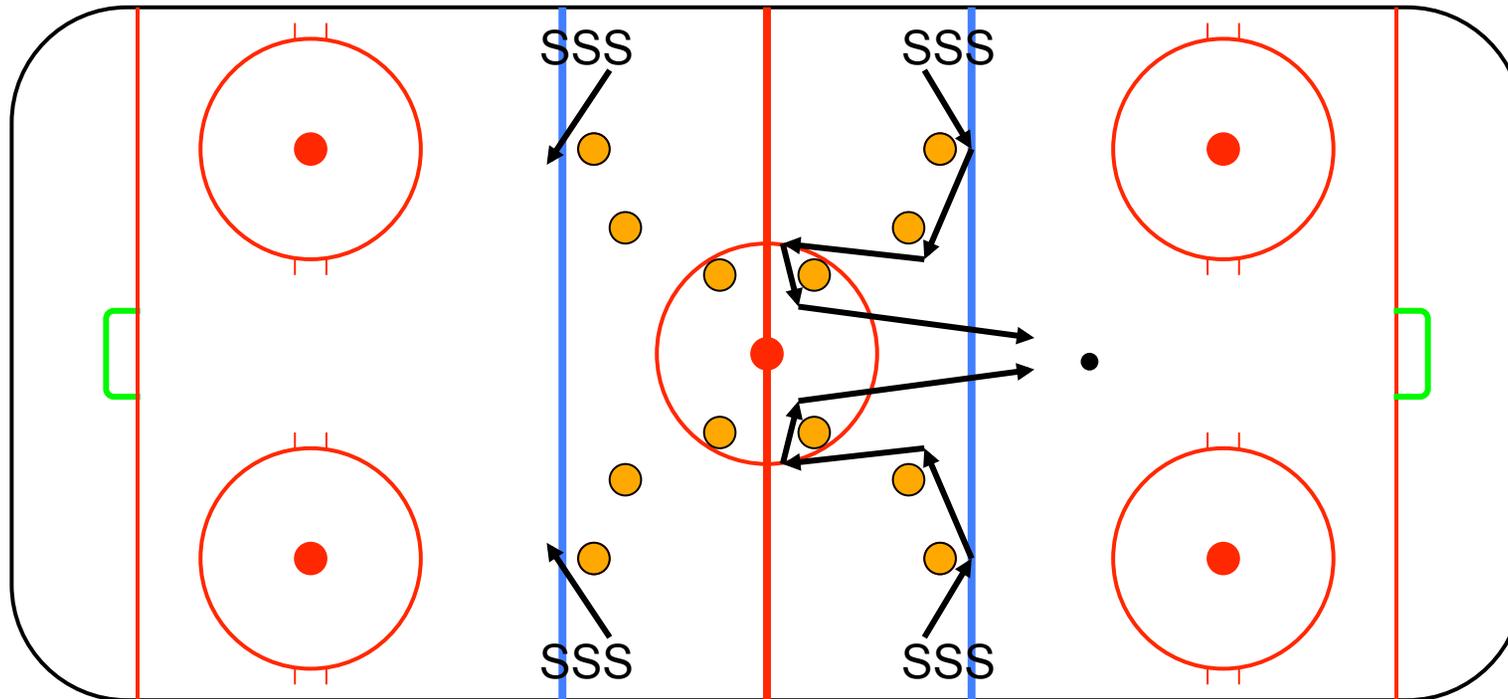
Progression

1. No Pucks
2. Loose Puck Races
3. With Puck Races
4. All three variations with a heel-to-heel turn at the last cone
5. All three variations with a transition to backward at the third cone and a transition back forward at the blue line.



LPR BL 2 Crossovers To Turn Other Way Race

Advanced Squirts and Above – 10-25 Minutes



Description

This drill facilitates first, technical instruction on skating maneuvers and then a competitive setting that motivates players for very high tempo execution. Players will form four lines each where a blue line intersects with the sideboards. Each line will send a player at the start of the drill. Players will perform accelerating crossovers around the cones in front of him until he reaches the third cone. At the third cone they will snap into a power turn the other direction of about 180 degrees and then skate across the blue line. If it is a race, they will find a loose puck there or carry a puck through a finish area that is set up. The switch lines every time.

Objective

This drill gets a lot of kids performing the skills at once and motivates players to perform at a very high tempo. Skills should be done correctly to the degree possible, but the competition here is the key to the drill as it facilitates game-realistic execution. In this case, quickly achieving the weight transfer needed to turn the other way is the key skill we are attacking.

Progression

1. No Pucks
2. Loose Puck Races
3. With Puck Races
4. All three variations with a heel-to-heel turn at the last cone
5. All three variations with a transition to backward at the third cone and a transition back forward at the blue line.

