

# Learn to Skate Handbook



www.funteamalberta.com

## WHAT IS FUNTEAM?

FunTeam Alberta is a non-profit recreational sport organization that assists individuals and families in the participation of less competitive and low cost sports and recreation. Children, youth and adults can participate in physical activities in an atmosphere of fun, co-operation and fair play. FunTeam is designed to guide volunteers in the organization and implementation of sport in their own neighborhood or community.

## **FUNTEAM'S MISSION**

FunTeam aims to foster, through active leadership, the participation in sport for children, youth and adults interested in sport and recreation, in an atmosphere where enjoyment is maximized for all and the costs associated with participation are minimized.



# **FUNTEAM LEARN TO SKATE**

#### SETTING UP A FUNTEAM LEARN TO SKATE GROUP:

#### **ESTABLISH A LOCATION**

Select an ice surface to skate on. It doesn't have to be an indoor ice surface. If your community has outdoor ice available, access to this ice is easier, less expensive and on beautiful winter days, much more enjoyable. Make sure there are no unsafe areas of the ice before starting.

#### <u>EQUIPMENT</u>

#### **Pucks**

Learn to skate programs do not require pucks for every skater, however some of the games do use pucks as part of the equipment requirements. It may be appropriate to have a bag of pucks available for the Learn to Skate sessions.

#### Nets

Two hockey nets can be used for some of the skating drills. They can be placed at each end of the rink.

#### **Skaters**

FunTeam skaters are recommended to use full equipment when participating in Learn to Skate drills. If full equipment is not available, the minimum equipment requirement is a helmet with cage or visor, elbow pads, gloves, shin pads and skates. Each FunTeam participant will wear a colored FunTeam jersey so that they can easily be identified. FunTeam has a number of pinnies that can be loaned out to FunTeam groups to use during their season. If you are interested please contact the FunTeam office.

#### **NUMBER OF SKATERS**

FunTeam Learn to Skate sessions can be run with any number of skaters, with or without goalkeepers in their equipment. A great option for FunTeam Learn to Skate sessions is to have the parents and Group Leaders participate in the drills and games. Not only is it an opportunity to have fun with their children, these adults can also be role models with respect to showing an active interest in learning, but most importantly showing the children that the prime reason to skate and play hockey is to have fun!!! An added benefit of having parents participating in drills and games is that they can often ensure that weaker skaters get one on one assistance during drills if needed.

#### RECOMMENDED TIME COMMITMENT

One or two sessions 60 minute sessions per week is recommended. Focus the sessions on having each player exposed to a number of skating skills repetitively in a fun, challenging and learning environment. The FunTeam Group Leader can organize an efficient one hour FunTeam session that gives each player a chance to improve his or her skating skills and also participate in fun skating games.

#### **GENERAL STRUCTURE OF A FUNTEAM LEARN TO SKATE SESSION**

Below is a suggestion for organizing your weekly skating sessions:

## 1. Group Warm-up (5-10 minutes)

The Group Leader can lead dynamic drills that warm all the skaters up but also work on starting to develop skating skills. Dynamic stretching drills take place when a skater is skating and following the lead of the Group Leader while stretching. There is no place in skating for lying on a cold ice surface and stretching your muscles!

#### **WARM-UP DRILLS:**

Recommended Resources:

- A1. Angle Board Skating Page 10
- B1. Five Circle Skating Page 17
- C1. Line to Line Sprint Page 25



Two or three warm-up drills should allow the skaters to get prepared for more active skating drills. Goalies should participate in all the warm-up drills – they also need to become good skaters and have to be well stretched before they begin playing!

Call the skaters in and give some positive feedback about the effort given with the warm-up drills. Explain the next set of drills.

#### 2. Individual Skill Drills (20-25 minutes)

Decide what individual skill the skaters will work on this particular FunTeam outing. The Group Leader can choose from:

#### A. LINEAR SKATING

Pages: 9-15

#### **B. DIRECTIONAL SKATING**

Pages 16-23

#### C. SPEED

1. Technical drills

Pages: 24-29

2. Dynamic drills

Pages: 30-36

#### D. AGILITY

1. Technical drills

Pages: 37-43

2. Dynamic drills

Pages: 44-47

#### F. POWFR

1. Technical drills

Pages: 48-55

2. Dynamic drills

Pages: 56-60

Two or three individual skill drills focused specifically on one particular skill can easily be run in 10-15 minutes. Be sure to tell the skaters why you are doing these particular drills. Even though every young skater simply wants to play a game, deep down they all want to play the game WELL!!!

Call the skaters in and give some positive feedback about the effort given with the individual skating drills. Explain the next set of drills.

#### 3. Skating Games (20-30 minutes)

There are a wealth of fun skating games that can be easily organized in small or larger groups that give each player an opportunity to work on his or her skating skills, but also experience the most important thing in sport – having FUN.

Young skaters often believe that playing in a formal game is the only way to get better, however in a hockey game players rarely skate for longer than 45 seconds at a time during which they are able to practice their skating skills. By including these enjoyable games, Group Leaders ensure that all players have the opportunity to work on skating drills in challenging yet stimulating environments.

#### F. SKATING GAMES

Pages: 61-71

Call the skaters in at the end of the skating games and give some positive feedback about the effort given throughout the hour session. Remember, the skaters will always remember what is last said at the FunTeam Learn to Skate session, so make sure they leave hearing about the positive aspects of their FunTeam experience.

# **FunTeam Learn to Skate**

# **RESOURCES**



# **FunTeam Learn to Skate Drill List**

#### A. Linear Skating Drills

- A1. Angle Board Skating Pg10
- A2. Long Stride Skating Pg11
- A3. Inside Outside Edge Pg12
- A4. Forward Backward Forward Skating Pg13
- A5. Reaction Sprints Pg14
- A6. Seated Bucket Relay Pg15

## **B. Directional Skating Drills**

- B1. Five Circle Skating Pg17
- B2. Shadow Drill Pg18
- B3. Combination Circle and Diagonal Skating Pg19
- B4. Skating the Circles Pg20
- B5. 1 on 1 Breakaway Race Pg21
- B6. Four Corner Circle Relay-Pg22
- B7. Stick Steal Race Pg23

#### C. Speed Drills

#### 1. Technical Speed Drills

- C1. Line to Line Sprint Pg25
- C2. Line Sprint Skating Pg26
- C3. Acceleration Whistle Drill-Pg27
- C4. Quick Turn Whistle Drill Pg28
- C5. Full Ice Running Sprint Pg29

#### 2. Dynamic Speed Drills

- C6. Four Corner Circle Relay Pg30
- C7. Pairs Pylon Race Pg31
- C8. Team Full Ice Relay Pg32
- C9. Tight Turn Breakaways Pg33
- C10. Outside 1 on 1 Curl and
- Breakaway Pg34
- C11. Half-Lap Stick Relay Pg35
- C12. Four Corner Bucket Relay-Pg36

## D. Agility Drills

## 1. Technical Agility Drills

- D1. Full Rink Skating Pg37
- D2. Backward Crossover Drill Pg38
- D3. Stick Direction Drill Pg39
- D4. Crossover Line Skating Pg40

- D5. Four Corner Circle Drill Pg41
- D6. Backwards Tightrope Pg42
- D7. Stick Dive Drill Pg43

#### 2. Dynamic Agility Drills

- D8. Figure 8 Look One Way Skating-Pg44
- D9. Eight Dot Skating Pg45
- D10. Minefield Pg46
- D11. Obstacle Course Pg27

#### E. Power Drills

#### 1. Technical Power Drills

- E1. Stick Jump Drill Pg49
- E2. Partner Push Drill Pg50
- E3. Partner Pull Drill Pg51
- E4. Pylon Quick Turn Drill Pg52
- E5. Stick Chain Race Pg53
- E6. One Knee Rotations Pg54
- E7. Lateral Skating Accelerations- Pg55

#### 2. Dynamic Power Drills

- E8. Caboose Race Pg56
- E9. Horse and Wagon Race Pg57
- E10. Mule Race Pg58
- E11. Backwards Skating Tug of War-Pg59
- E12. Bull in the Ring Pg60

#### F. Skating Games

- F1. Prisoner's Base Pg61
- F2. British Bulldog Pg62
- F3. Chain Tag Pg63
- F4. Frozen Tag Pg64
- F5. Train Race Pg65
- F6. Cat and Mouse Pg66
- F7. Gold Mine (Capture the Flag)- Pg66
- F8. Coach Is Coming Pg67
- F9. Hotdog Tag Pg68
- F10. Toilet Tag Pg69
- F11. Train Progression Race Pg69
- F12. Catch the Rabbit Pg70
- F13. Red Light Green Light Pg71
- F14. What time is it Mr. Wolf? Pg71

# FUNTEAM LEARN TO SKATE DRILLS

Linear Skating/Directional Skating /Speed/Agility/Power/Games

Skating Definition: "The ability to propel oneself across the ice while wearing skates."

## A. LINEAR SKATING

Linear skating, of course, encompasses the importance of learning how to propel oneself as effectively as possible in a straight forward line. This is important in game situations where players are back checking or racing for a loose puck in anticipation of a breakaway Coaches should encourage players to keep their knees well bent so that they can fully push to the side during their stride. Unfortunately many young players have not developed strong muscles in their legs and find it quite difficult to skate with bent knees. As they get older and with drills that help to strengthen the thigh muscles, players will become more effective skaters. Players should also attempt to keep their head up while skating so that they can see the play around them and quickly assess and anticipate a potential change in direction. Drills should be used that emphasize a player working on his skating while keeping his head up and being aware of the ice around him. Finally, arm movement is an effective way to get additional momentum in a forward direction, yet few young skaters have been taught the proper way to move their arms while skating. Swinging arms from side to side while skating tends to be counterproductive, as no additional momentum in a forward direction is created. A player should be encouraged to keep his stick close to the ice while skating so that he gets used to a stick position that is ready for a possible pass at any time during the game. In addition, he should be taught to extend his stick forward and back during his skating stride so that his arm momentum is focused almost completely in a forward direction. This is a difficult skill especially for young players but it is crucial in terms of allowing a player to develop his ultimate skating potential.

## **Linear Skating Drills**

## A1. Angle Board Skating

**Objective:** To teach stopping and quick change in direction

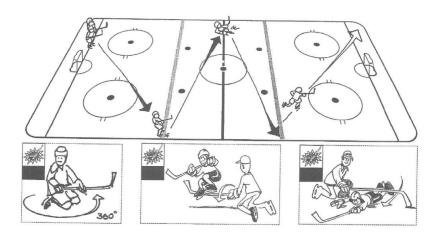
#### **Key Teaching Points:**

- Quick acceleration on first three strides
- Two footed stop and acceleration in other direction
- Practice stopping on both edges

#### Description:

- Players start in one corner
- Quick speed towards near blue line across other side of rink
- Two footed stop and redirection to opposite center line
- Continue to other blue line and far corner
- First few strides are explosive, working on speed training
- Knees bent when changing directions

\*\* Expand to have players maneuver when half way across ice, including going down on both knees, spinning around on knees, jumping 360 degrees in the air, stick jumping or diving under stick



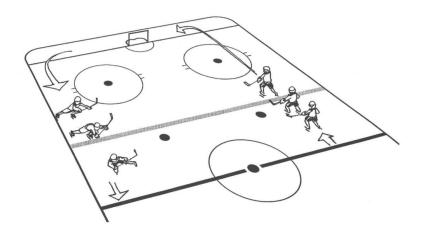
## **A2. Long Stride Skating**

**Objective:** Emphasize full extension of skating legs

#### **Key Teaching Points:**

- Full ice circles using reverse directions
- Maximum stretching of legs with push off
- Knees bent when directly under body

- One side regular warm-up skating
- Other side exaggerated long stride skating
- Emphasize full extension of legs at low rate of speed
- Speed is not a concern, full leg extension is!



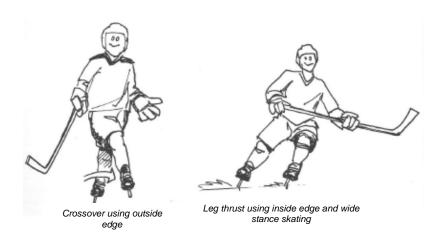
## A3. Inside Outside Edge

**Objective:** Work players on getting used to both skate edges while skating

## **Key Teaching Points:**

- Outside edge crossovers with balance
- Inside edge skating with wide stance
- Good agility while skating

- Full ice circles one way using reverse directions
- Consecutive crossovers while skating on one side, using outside edges
- Inside edge thrusts back and forth skating forward
- Keep knees bent with low center of gravity
- Work to lengthen lateral stride



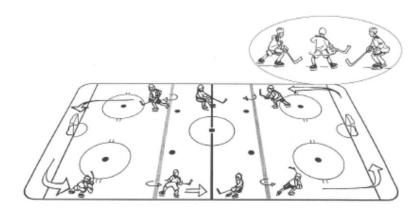
## A4. Forward Backward Forward Skating

**Objective:** Teaching proper pivoting on turns with acceleration

#### **Key Teaching Points:**

- Always turn facing the boards
- Knees bent for best agility
- First few strides used to accelerate quickly after pivoting

- Full ice circles using reverse directions
- Skate forward around nets, turn backwards at blue line
- Change to forward skating at far blue line
- Work on hop jump from forward to backwards
- Attempt both crossover and pivot turns from backward to forward skating
- Work on both C-cut and crossover backward acceleration
- Strong crossover skating around nets



## **A5. Reaction Sprints**

**Objective:** Developing speed and coordination

## **Key Teaching Points:**

- Encourage quick reactions
- Perform drill at full intensity

- All skaters line up across one blueline, facing the opposite blueline
- Each skater assumes a particular position, waiting for the starting whistle
- The skaters sprint to the opposite blueline as fast as they can
- All skaters then line up along that blueline and repeat the race in the opposite direction
- Skater Positions On all fours, lying on their back, lying on their stomach, kneeling on their knee with their head on the ice, lying on their back with one or two legs extended straight upwards, curled up on their side

<sup>\*</sup> Progress to having only two skaters sprint at the same time, creating a bigger challenge

## A6. Seated Bucket Relay

**Objective:** Teaching proper knee bend when skating

#### **Key Teaching Points:**

- Have skaters sprint as quickly as possible
- Encourage skaters to keep their knees bent for best speed and agility

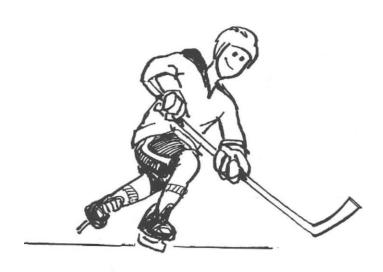
#### Description:

- Divide skaters into 4 teams, each with half of the skaters lined up on one blueline, the other half across from them on the other blueline
- Each team has an empty bucket that is turned upside down
- The first skater on each team sits on the bucket
- On the whistle, the skaters push each leg to the side to try and propel themselves from one blueline to the other.
- Once at the opposite blueline, the skater gets off the bucket and allows a teammate to skate it back to the other blueline

The drill continues until all skaters have attempted the drill

## **B. DIRECTIONAL SKATING**

Directional skating drills take into account the importance of quick directional changes and are effective in developing a player's coordination and balance. As with linear skating, it is vital that young players are taught to skate with bent knees. Not only does it allow for a stronger push off during every skating stride, it also ensures a lower center of gravity and more effective directional changes while skating. The ability to master the skating technique using both the inside and outside edges of the skates is often a difficult skill for young players to learn. Practice drills should be used that challenge players to develop a strong push off with both legs, as well as the ability to cross over and turn in both directions with equal efficiency. Although there are specific drills that can be used to improve directional skating, this skill is used and enhanced as part of practically all dynamic hockey related drills that a coach will use during his practices.



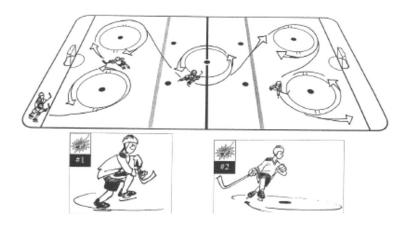
## **B1. Five Circle Skating**

**Objective:** Teaching proper technique of crossovers

#### **Key Teaching Points:**

- Knees bent on corners
- Emphasize high leg crossovers
- Crossovers to be improved in both directions

- All skaters start in one corner
- First three skaters stride around close circle, then to other circle skating in opposite direction
- On to center circle, and far 2 circles
- Next three skaters start when group before has completed first circle
- \* Expand to bringing legs up very high on crossovers if drill becomes easy to perform
- \* Expand to 5 Circle Look One Way Drill, where skaters must stay looking at the far end of the rink while skating around all five circles
- The Group Leader should emphasize holding the stick with two hands skating forward and with one hand when skating backwards



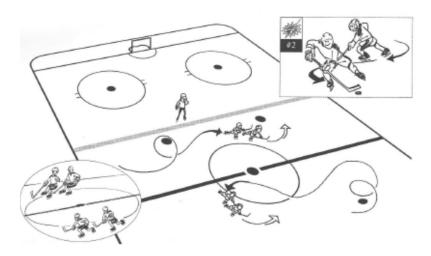
#### **B2. Shadow Drill**

**Objective:** Developing quick turns and better agility

#### **Key Teaching Points:**

- Teaching having head up when skating
- Good footwork in tight spaces
- React quickly to directional changes

- Break group into pairs of equal skating ability
- One player is the skater, the other his shadow
- All players stay between blue lines only
- On the whistle, skater tries to lose his shadow, without colliding with other skating pairs
- Drill is stopped by whistle after 5-10 seconds, then the players change roles
- \* Expand to players staying between blue and red lines, then inside center circle only
- \* Expand to having all players stick handling with pucks during drill



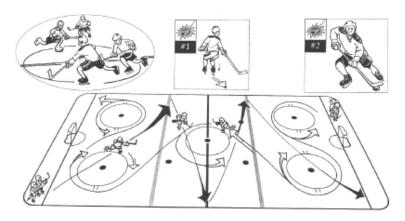
## **B3. Combination Circle and Diagonal Skating**

**Objective:** Developing speed, agility and ice awareness

#### **Key Teaching Points:**

- Keep knees bent, strong push from crossovers
- Heads up during skating through mid-ice
- High intensity skating

- Skaters start in opposite corners of rink
- One group skates 5 circles quickly, two players at a time
- Other group skates diagonally, blueline to red line to blue line
- Players must keep their head up when going through midice
- After first drill, groups change skating style
- \* Expand with skaters backward skating
- \* Expand with skaters handling pucks while skating



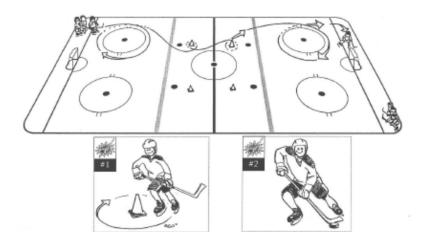
## **B4. Skating the Circles**

Objective: Teaches forward and backward agility skating

#### **Key Teaching Points:**

- Keeping knees bent on crossovers with center of gravity low
- Two hands on stick skating forward, one hand when skating backward
- Encourage high speed skating through pylons

- Skaters start in one corner of rink
- Three skaters start skating around close circle, through pylons, around far circle
- Repeat same course on other side of rink
- Second group of three skaters start after prior group completes first circle
- \* Expand to full 360 degree spins around pylons
- \* Expand to having skaters stick handling pucks during drill



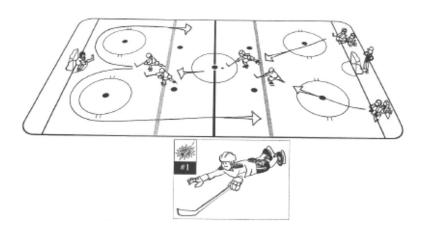
#### **B5. 1 on 1 Breakaway Race**

**Objective:** Developing quick speed from a stop

#### **Key Teaching Points:**

- Good agility in getting up from ice
- Encourage explosive acceleration
- Attempt effective stick checking by trailing player

- Players start in both corners in one end
- Begin play on their knees directly on goal line
- On whistle, first two players get up and skate hard down the ice
- Puck set by coach in mid-ice zone
- First player to reach puck continues on breakaway
- Second player attempts to check the player to prevent a goal
- Players return to initial end by skating down the side of the boards
- \* Expand to players beginning drill while lying on their stomach or on their back



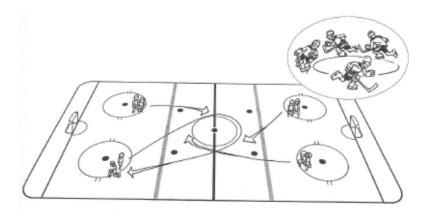
## **B6. Four Corner Circle Relay**

**Objective:** Team work, quick skating with crossovers

#### **Key Teaching Points:**

- Explosive skating
- Head up, knees bent
- Fun with relay race

- Team broken up into four groups
- Each group in a corner circle, lined up one behind the other
- On whistle, first skater of each group speeds to center circle
- All go around outside of center circle in same direction, back to team
- Next player can't leave circle until prior teammate returns into circle
- Players go down on one knee when finished skating
- First team finished are the winners, repeat in other direction



#### **B7. Stick Steal Race**

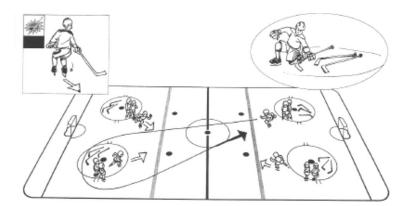
**Objective:** Encourages high speed skating

#### **Key Teaching Points:**

Keeping knees bent when striding to maximize speed

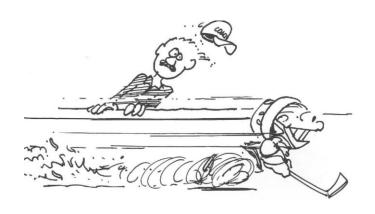
• Fun, Fun, Fun

- Skaters are divided into 4 teams, each located in one of the 4 corner circles
- Each skater places their stick on the ice in their circle and lines up on the outside edge of the circle
- On the whistle, the first skater of each team sprints down the ice diagonally
- When they reach the opposite circle, they 'steal' a stick and return it to their own circle
- Once a skater has returned to their own circle, the next skater can begin sprinting down the ice
- The Group Leader concludes the game when one team steals all the sticks from the opposite team, or more frequently when the intensity of the skating starts to decrease



## C. SPEED

Over the last twenty years, professional hockey has been transformed from a game of size, strength and finesse to a game that encompasses skating speed as likely the most important of the physical hockey skills. Young players can learn passing, stick handling and shooting through constant repetition, but none of these skills will transform a player to a higher level of ability like explosive skating speed.



## 1. Technical Speed Drills

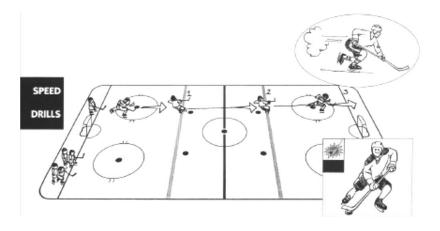
#### **C1.** Line to Line Sprint

**Objective:** Teaches explosive skating starts

#### **Key Teaching Points:**

- Knees bent for best skating thrust
- First 3 strides most important
- Stop facing to one side of rink only

- All skaters line up on goal line
- On the whistle, skaters take three sprinting strides
- They then stop at the near blue line, always looking at the same side of rink
- With next whistle, begin skating again with three explosive strides to the far blue line
- Finally on final whistle, sprint to the far goal line
- Repeat back to other end, stopping while looking towards the same side of rink
- Coaches should emphasize explosive first 3 strides and stopping in the right direction
- \* Expand to having players carrying pucks while sprinting



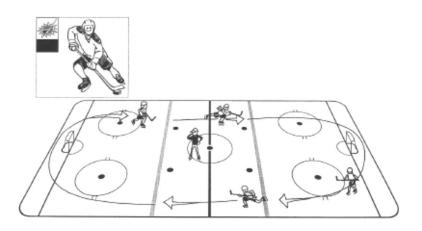
## **C2.** Line Sprint Skating

Objective: Teaches quick acceleration to full speed

#### **Key Teaching Points:**

- Strong leg thrust
- Knees bent when under body

- All skaters skate full ice circles in the same direction
- At the near blue line, the skaters increase to full speed
- The skaters slow down to ½ speed pace at the far blue line
- Once around the net at ½ speed, the drill is repeated at the near blueline again
- \* Expand to having players carrying pucks while skating



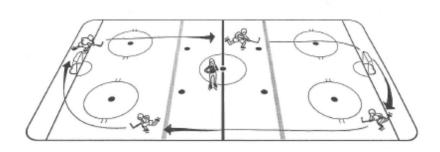
#### C3. Acceleration Whistle Drill

Objective: Accelerating to full speed on the whistle

#### **Key Teaching Points:**

- Players react to coach's whistle
- Use full leg extension, bent knees

- All skaters skate full ice circles in the same direction
- Group Leader blows the whistle to start and stop sprint
- Skaters begin to skate full speed on the whistle, slow down at the next whistle
- Group Leader makes sprint time short, allowing players to go full speed each time



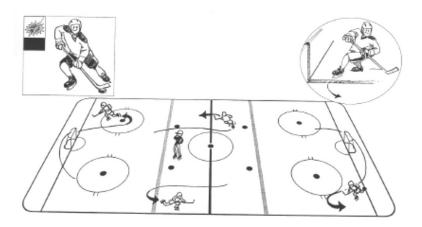
#### C4. Quick Turn Whistle Drill

Objective: React to whistle, quick turn and explosive stride

#### **Key Teaching Points:**

- Quick turn with knees bent
- First 3 strides are explosive

- All skaters skate full ice circles in the same direction
- On coach's whistle, players make a tight turn towards the boards
- First 3 strides after the whistle should be at full speed, then back to warm-up pace
- The Group Leader blows the whistle every 15 to 20 seconds, allowing for proper rest
- Emphasize bent knees, cupping stick through the turns if using pucks
- \* Expand to having players carrying pucks while sprinting



## **C5. Full Ice Running Sprint**

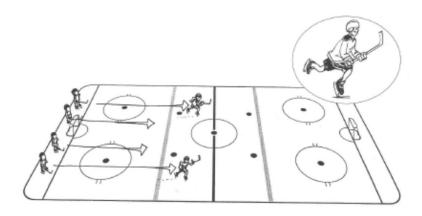
**Objective:** Teaches high speed accelerations

#### **Key Teaching Points:**

- Keep up on toes running rather than skating
- Full speed as far as possible
- Knees bent for stronger thrust

- Skaters line up at one end of rink
- On whistle, skaters run on skates to the other end of the ice
- Emphasize keeping up on their blades running, not skating
- Keeping knees bent will allow for better balance

<sup>\*</sup> Expand to having players handling pucks while running on skates



## 2. Dynamic Speed Drills

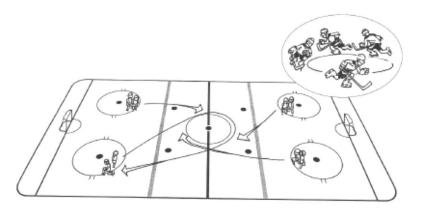
#### **C6. 4 Corner Circle Relay**

**Objective:** Team work, quick skating with crossovers

#### **Key Teaching Points:**

- Explosive skating
- Head up, knees bent
- Having fun with a relay race

- The Group Leader divides all skaters into four teams
- Each team is located in one of the 4 corner circles, lined up behind each other
- On the whistle, the first skater of each group skates quickly to the center circle
- All skaters go around circle in the same direction, then back to their respective team
- The next skater can't leave the circle until their teammate returns completely into the circle
- Each skater should go down on one knee when finished skating
- The first team finished are the winners, then the race is repeated in the other direction



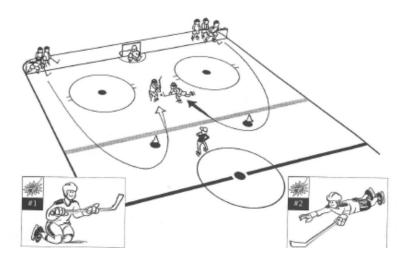
#### C7. Pairs Pylon Race

**Objective:** Developing quick speed from a stop

#### **Key Teaching Points:**

- Good agility when getting up from ice
- Encourage explosive acceleration
- Attempt effective stick checking by trailing player

- Players start in both corners in one end
- Begin play on their knees directly on goal line
- On whistle, first two players get up and skate hard around pylons at both blueline faceoff dots
- Puck set by coach in mid hash mark area
- First player to reach puck continues on breakaway
- Second player attempts to check the player to prevent a goal
- Players return to the opposite corner to prepare for their next race
- \* Expand to players beginning drill while lying on their stomach or on their back



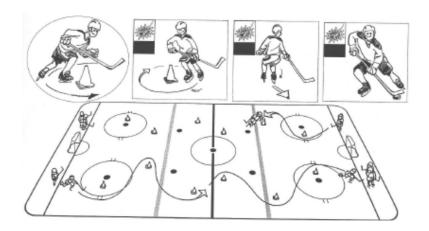
## C8. Team Full Ice Relay

**Objective:** Encourages speed development of skating stride

#### **Key Teaching Points:**

- Explosive strides, knees bent
- Low center of gravity around pylons
- Develop team spirit in competition

- The Group Leader forms 3-4 teams of equal ability, lined up with half of the players at each end of the ice
- A pylon course is set up down the ice for each team
- On the whistle, the first skaters from one end start sprinting down the course
- When completed at the other end, the skaters must tag a teammate who skates the other way
- The race is finished when all members of the team have completed the pylon course
- \* Expand to use full 360 degree pylon turns, skating backwards, stick handling with pucks



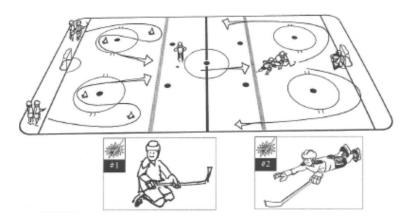
#### **C9. Tight Turn Breakaways**

**Objective:** To teach quick turns and high speed accelerations

## **Key Teaching Points:**

- Keep knees bent around each turn
- High energy acceleration coming out of a turn
- If behind on a breakaway, attempt to stick check

- Players start along both boards at the center line
- On the whistle, the first two players skate around pylons located just inside the blueline
- A puck is placed in the center zone and each player races towards it
- The first player to the puck continues on a breakaway
- The second player attempts to stickcheck his opponent to prevent a goal
- Players return to the opposite line by skating down the boards
- \* Expand by starting players on their knees or stomach flat on the ice



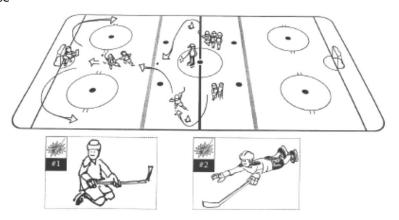
## C10. Outside 1 on 1 Curl and Breakaway

**Objective:** Developing skating speed and ability to accelerate laterally

## **Key Teaching Points:**

- Quick turns around pylon
- Keeping knees bent during turns
- Good body position to protect puck

- All players start in two lines in the middle of the ice surface at the red line
- On the whistle, the first two players skate around outside pylons located at the blueline 6 feet from the boards
- Players then sprint to the other end of the rink for a breakaway
- The first player to reach the puck continues on a breakaway
- The second player attempts to check the puck carrier to prevent a goal
- Players return to initial lines by skating down the middle of the ice quickly
- \* Expand by starting players on their knees or stomach flat on the ice



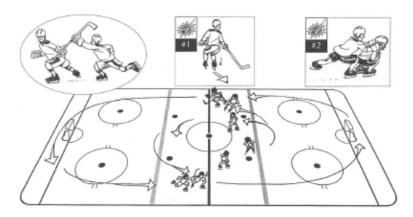
#### C11. Half-Lap Stick Relay

**Objective:** Developing skating speed and ability to coordinate with teammates

#### **Key Teaching Points:**

- Quick explosive strides for a ½ lap
- Keeping knees bent during turns
- Good transition for stick from skater to skater

- The Group Leader divides all skaters into teams of 3
- Two skaters on each team stand at the edge of the center red line on one side of the rink, the other teammate stands on the opposite side of the red line
- The first skater of each team holds a stick that is used as a baton in the relay
- On the whistle, the first skater of each team sprints around the net going in the same direction
- Once the skater reaches the opposite red line, the stick is given to the second skater on the team
- This sprint and stick exchange is performed with high intensity until each skater has sprinted 4-6 times, or if the skaters begin to get fatigued



## C12. Four Corner Bucket Relay

**Objective:** Encouraging speed, increasing body angle when going around corners

#### **Key Teaching Points:**

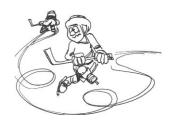
- Explosive skating
- Head up, knees bent, getting used to being on the edges of the skates when turning
- Having fun with a relay race

- The Group Leader divides all skaters into four teams
- Each team is located in one of the 4 corner circles, lined up behind each other
- On the whistle, the first skater of each group skates quickly to the center circle while holding a bucket in front
- All skaters go around circle in the same direction, then back to their respective team
- When skating around the circle, the skaters should hold the bucket with the inside hand to enhance body angle while turning
- The next skater can't leave the circle until their teammate returns the bucket completely into the circle
- Each skater should go down on one knee when finished skating
- The first team finished are the winners, then the race is repeated in the other direction

<sup>\*</sup> Progress to having the previous skater sit on the bucket as it is being pushed from behind

# D. AGILITY

In a fast paced game like hockey, the ability to change directions easily in response to a change in puck direction is a valuable asset. The greatest players, both offensively and defensively, use their agility, balance and coordination throughout every game to create goal scoring opportunities and make spectacular game saving plays.



# 1. Technical Agility Drills

# D1. Full Rink Skating

Objective: Teaches agility, working on recovery and balance

#### **Key Teaching Points:**

- Quick tempo of drill
- First few strides to be a sprint
- Enjoyable drill yet enhances agility

- All players line up on one goal line, skate hard to other end following whistle
- Options:
  - 1. Two footed jump over all lines
  - 2. Down on both knees at each line
  - 3. One leg balancing from center line to end
  - 4. Full squat at center line and held until all the way to end of rink
  - 5. Alligator Roll, down onto stomach, complete roll and back up

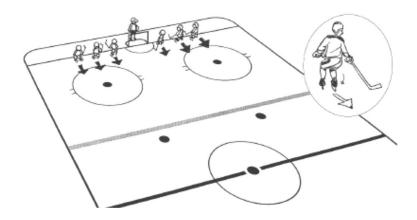
#### **D2. Backward Crossover Drill**

Objective: To improve backwards skating and balance

#### **Key Teaching Points:**

- Knees bent and head up, one hand on stick
- No shoulder rotation with crossovers
- Quick transition to other direction

- All players at one goal line, coach at end boards
- Players begin skating backwards with crossover stride
- Coach uses stick to point to direction of crossover
- · Quick direction changes work on agility and quickness
- Backwards skating speed not important, key is to work on lateral movement



#### **D3. Stick Direction Drill**

**Objective:** Teaches four direction agility

#### **Key Teaching Points:**

- Quick skating transitions
- Keep head up while skating
- Sprint training on first few strides

- Players spread out around center ice area
- Coach at one end, stick in the air
- Players follow direction of stick
- Forward, backwards, lateral crossovers, down on knees
- Quick changes to promote fast direction change
- Work for short time, 10-15 seconds, but full speed
- Allow ample rest between drill segments to promote high intensity skating

<sup>\*</sup> Progress to players stick handling pucks during drill



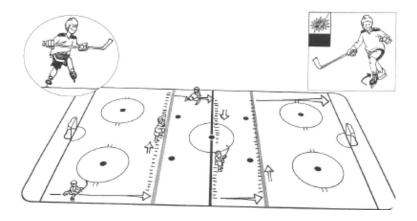
# **D4. Crossover Line Skating**

**Objective:** Teaches speed and acceleration, with lateral crossovers

# **Key Teaching Points:**

- Quick acceleration
- Keep hips square when crossing over
- Eyes up with knees bent

- Players start in one corner
- One by one, fast skate to blue line
- Full ice crossover following blue line
- Skate up to center line, then far blue line
- Next player starts when previous one reaches blue line



#### **D5. Four Corner Circle Drill**

**Objective:** Teaches quick transition in tight spaces

#### **Key Teaching Points:**

- Quick direction change
- Good footwork
- Lateral balance

- Players split into groups at each circle
- First player skates from bottom of circle to middle, back to bottom
- Up to middle, over to side, back to middle, up to top
- Top back to middle, over to side, middle and bottom
- Each player completes full circle skating drill
- Emphasis on quickness, bent knees
- Coaches watch for head up, minimal hip rotation



# **D6. Backwards Tightrope**

Objective: Teaches difficult balancing technique

#### **Key Teaching Points:**

- · Good defensive skating positioning
- Knees bent, head up, one hand on stick

- All players line up on goal line
- Skate backwards in defensive positioning
- Lift front skate up, place it behind the back skate
- Continue same way down the ice
- Simulates a reverse backwards skating stride
- Works the outside edges skating backwards
- Very difficult to do, practice needed
- Emphasis is on technique, not speed



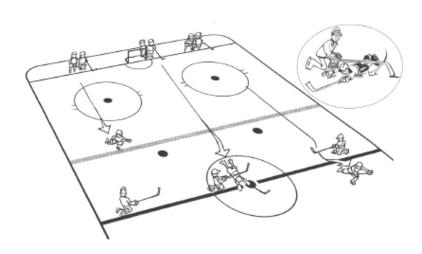
#### D7. Stick Dive Drill

**Objective:** Teaches agility down to ice level and quick recovery

#### **Key Teaching Points:**

- Players skating as fast as they can
- Dive as flat as possible
- Quick recovery back up on two feet

- All players line up on goal line in same number of lines as coaches
- Coaches kneel down at center line with stick extended 2 feet off ice
- One by one players skate fast and dive under sticks
- Next player starts after prior player reaches the blue line
- Encourage quick recovery when lying on ice back to skating position
- \* Expand to lower stick levels



# 2. Dynamic Agility Drills

#### **D8. Figure 8 Look One Way Race**

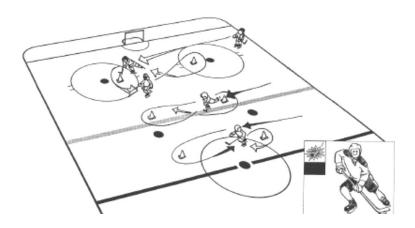
**Objective:** Teaches high speed agility

#### **Key Teaching Points:**

- Keep knees bent when crossing over
- Keep head up while skating
- Two hands on stick skating forward, one hand when skating backwards

- Players line up along length of ice evenly
- Pylons or gloves put 10 meters apart equally for all players
- On whistle, players skate forward around far pylon, then backward
- When reaching rear pylon, turn forward again and repeat
- Create a fun race to encourage full speed, 1 to 3 repetitions

<sup>\*</sup> Expand to stick handling while skating



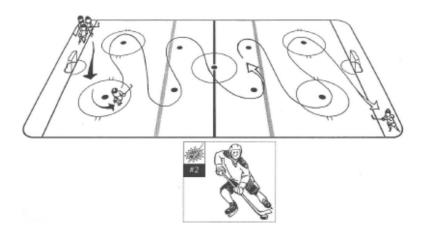
#### **D9. Eight Dot Skating**

**Objective:** Developing improved footwork and quick direction change

#### **Key Teaching Points:**

- Quick footwork around dots
- Head up when skating
- Keep knees bent to allow tighter corners

- All skaters line up in one corner of the rink
- First player skates to opposite corner dot and circles it
- Player then progresses to close corner dot with same circling maneuver
- Continue around dots outside both blue lines and in opposite end zone
- Once lead player is around the first dot, the next skater begins
- \* Expand to complete 540 degree turn around each dot
- \* Expand to having players stick handle a puck while skating



#### D10. Minefield

**Objective:** Developing quick footwork and direction change

#### **Key Teaching Points:**

- Quick footwork when skating through the minefield
- Head up when skating
- Fun, Fun, Fun

- All skaters line up at one end of the rink
- The Group Leader and parents collect a number of pucks, kneeling on the ice between the blueline dots on either side of the ice, forming a skating tunnel through the middle of the ice
- When the Group Leader yells "Minefield", the skaters attempt to sprint through the skating tunnel without their skates getting hit by a puck
- The pucks must be slid across the ice, not thrown at skaters!
- Once a skater has been hit, they join the Group Leader on one of the sides of the minefield
- The last skater to be hit by a puck is the winner

#### **D11. Obstacle Course**

**Objective:** Developing better body awareness and balance

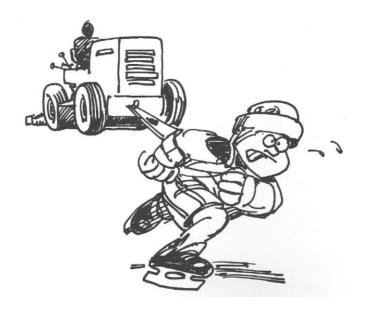
#### **Key Teaching Points:**

- Creative skating movements improve skating ability
- Fun, Fun, Fun

- The Group Leader and parents set up an obstacle course for the skaters be creative!
- The skaters line up and attempt to get through the obstacle course without error
- The Group Leader can time the skaters to encourage full effort, but the results should not be used for skater comparisons
- Obstacle Course Options Jumping over a suspended stick, sliding under a suspended stick, crawling through an adult's legs, slalom pylon course, hop on one foot, jumping over lines, handling a puck with ones feet, down on one knee between lines, one leg slalom skating between lines

# **E. POWER**

Color commentators on television often remark how important it is for a hockey team to have a power forward who can control the corners offensively and fend off checking easily as he skates to the net. A championship team invariably has forwards like this who become very important contributors to the overall success of the team.



#### 1. Technical Power Drills

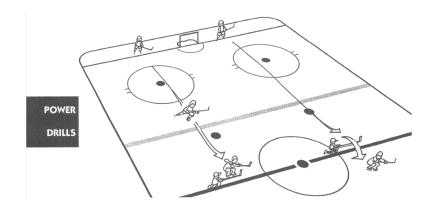
#### E1. Stick Jump Drill

**Objective:** Teaches explosive leg extension and balancing with knees bent

#### **Key Teaching Points:**

- Keep knees bent on take-off and landing
- No rotation on take-off, use two footed jump

- All players on goal line in same number of lines as coaches with extended sticks
- Coaches kneel down at center line with stick extended 1 foot off ice
- One by one players skate fast and jump over sticks
- Next player starts after previous player reaches the blue line
- Encourage proper knee bending when landing
- Slowly progress to higher stick levels
- Important to encourage an attempt not just a successful jump



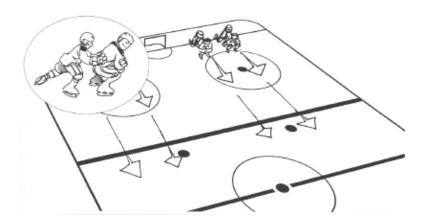
#### E2. Partner Push Drill

Objective: Developing a powerful stride

#### **Key Teaching Points:**

- Knees bent, good balance
- Partner gives moderate resistance to skating

- Players are put in pairs, matching equal skating ability
- Players line up at goal line, one skating forward, one backwards
- Both players holding both sticks in their hands
- Skater attempts to push partner down ice
- Backwards skater attempts to give moderate resistance
- Switch positions at end of rink and return to starting position



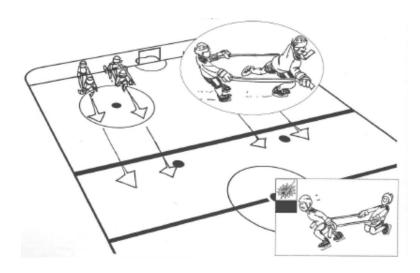
#### E3. Partner Pull Drill

Objective: Developing a powerful stride

#### **Key Teaching Points:**

- Bent knees, strong leg thrusts
- Moderate resistance from partner

- Players are put in pairs, matching equal skating ability
- All pairs line up at one goal line
- Forward skater holds onto both stick knobs
- Second forward skater holds onto stick blades
- On whistle, first skater pulls partner down ice, second player resisting moderately
- Switch positions at end of rink and return to starting position
- \* Expand to having second player on his knees, lying down



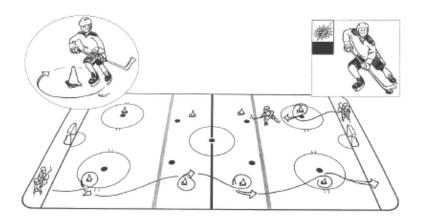
## **E4. Pylon Quick Turn Drill**

**Objective:** Explosive power coming out of a turn

#### **Key Teaching Points:**

- Quick turns, low center of gravity
- Explosive first three strides coming out of the turns

- Pylons arranged around the outer edges of rink
- Players in opposite corners of rink
- On whistle, first skater without puck goes around first pylon
- Quick turn and on to next pylon, go around the other direction
- Next skater begins when previous skater is through first pylon
- Coach emphasize the importance of low center of gravity
- \* Expand to having players stick handle with pucks while skating



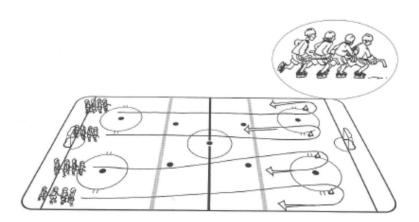
#### E5. Stick Chain Race

**Objective:** Working as a team using powerful strides

#### **Key Teaching Points:**

- Coordinated skating
- Teamwork

- Team split into four groups
- Groups attach by holding sticks
- On whistle, race down to pylons near far face-off dots, circle then and return back
- Teams must stay together, emphasis on teamwork
- Repeat with players in different order



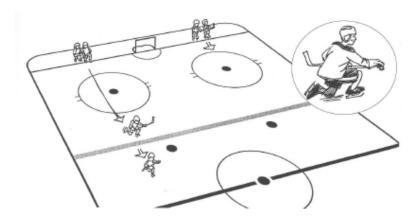
#### E6. One Knee Rotations

**Objective:** Developing powerful legs

#### **Key Teaching Points:**

- Bending knees completely down to ice
- As players progress, increase the speed of knee movement

- Players line up at one end of the rink
- On whistle, first group begins skating but with knees bent
- On first stride, right knee to bend and touch the ice
- On next stride, left knee should touch ice, continue rotating
- Players may stop when reaching the opposite end of the rink
- Coaches of younger players may run drill between blue lines only to minimize potential injury



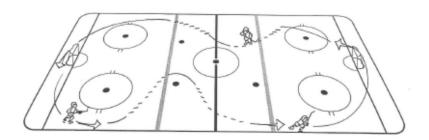
# **E7. Lateral Skating Accelerations**

**Objective:** Teaches high speed lateral movement

#### **Key Teaching Points:**

- High intensity skating using crossovers
- Accelerations from blue line to blue line
- Knees bent for stronger thrust

- Players skate around perimeter of ice
- At blue lines, quick accelerations from boards to middle of ice
- At center line, quick accelerations from middle of ice to boards
- Slow down for a rest when going around both nets
- Players should skate in one direction, then the other



# 2. Dynamic Power Drills

#### E8. Caboose Race

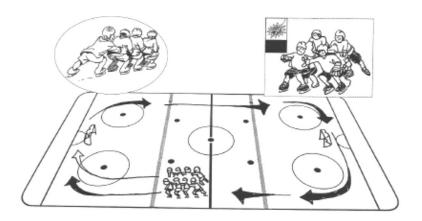
**Objective:** Developing powerful legs

#### **Key Teaching Points:**

- Working as a team
- Keep knees bent and thrust legs with strides
- Coordinated team rotations

- Arrange teams into groups of four players
- No sticks, line up into train with first three players gliding
- Fourth teammate is the skater
- All teams line up on one side of center line
- On whistle, skater pushes teammates around ice once
- Skater then rotates to front of train, third teammate pushes
- First team to finish four laps is winner

<sup>\*</sup> Expand with a fun variation where players must stay in their teams but can make sideways arm contact with other teams.



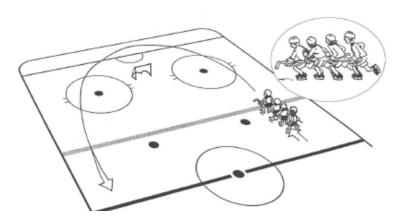
#### E9. Horse and Wagon Race

Objective: Develop a strong and powerful stride

#### **Key Teaching Points:**

- Working as a team
- Full speed skating for one lap

- Arrange players into teams of four
- Teams line up in a wagon train fashion at center line
- First player is the horse, the other three wagons, connected by sticks
- On whistle, horse skates around ice for one lap, pulling wagons
- When completed, first horse goes to back and becomes wagon
- First team to finish four laps is the winner



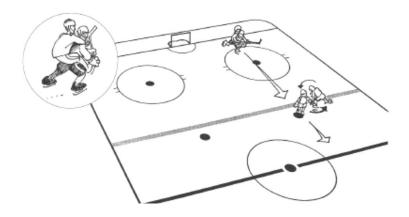
#### E10. Mule Race

**Objective:** To develop powerful legs through increased skating resistance

#### **Key Teaching Points:**

- Working as partners
- Proper carrying position before skating

- Players are put into pairs of equal size and line up at one end of the ice
- One player hoists himself onto the back of his partner the mule, holding on around the neck
- On the whistle, the mules skate as fast as possible to the near blue line
- The players then change position and continue on to the far blue line
- Finally, another change is made and the mule skates to the far end of the rink
- \* Expansion can be made where one player carries his partner for a longer distance, up to full ice range



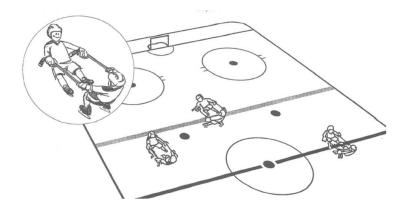
#### E11. Backward Skating Tug of War

Objective: Developing powerful knee bend while skating

#### **Key Teaching Points:**

- Keep knees bent when pulling
- Use c-cut backwards strides to generate power

- The Group Leader divides the skaters into pairs of equal size and ability
- The skating pairs line up across the center red line, each pair holding a stick between them
- On a whistle, every skater attempts to pull their partner across the red line while skating backwards
- The Group Leader blows the whistle after 8-10 seconds, as many tug-of-wars are not won outright
- Encourage full intensity for short bursts of time



#### E12. Bull in the Ring

**Objective:** Developing powerful knee bend while skating

#### **Key Teaching Points:**

- Keep knees bent when pushing and getting pushed
- Maintain balance with low center of gravity

- The Group Leader divides the skaters into pairs of equal size and ability
- The skating pairs line up outside of a corner or mid ice circle
- One skater stands on the circle dot with knees bent, prepared to be pushed by his partner
- His partner approaches him from behind and puts his hands on the back of his hips
- On the whistle, the rear skater attempts to push his partner out of the circle ("ring"), while the first skater tries to stay directly on the dot
- The Group Leader blows the whistle after 4-5 seconds, or if the skater is pushed out of the ring
- Encourage full intensity for short bursts of time



# F. SKATING GAMES

If there is one thing that a coach can do for his players that will be more important than any other aspect of his teaching, it is to make sure that the players enjoy the game of hockey. As a player progresses through higher levels of the game, increasing pressure to perform will develop and for many young hockey players retirement will come far too early in their lives. A coach can never guarantee that his players will turn out to be the best in the world, but he can guarantee that they will develop a passion for the game. And that is by making every practice and game fun for all!

#### F1. Prisoner's Base

**Objective:** Develop skating and agility skills

#### **Key Teaching Points:**

- Challenge players to make quick turns, accelerations
- Strategy of helping other skaters
- Fun, Fun, Fun

- One net is moved to corner of rink, 3 meters from boards
- Between net and boards is prison, guarded by the coach prison guard
- Other coaches are policemen, skating hard to touch all players, no sticks required
- If touched by policeman or prison guard, player goes to prison
- Must stay in jail until another player sneaks in and releases him
- Coaches allow prison breaks occasionally to keep the flow of the game going

<sup>\*</sup> Expand to allow players to become prison guards and policemen

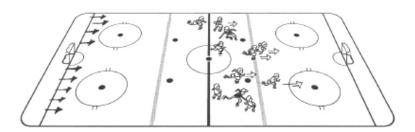
### F2. British Bulldog

Objective: Develops agility and speed

#### **Key Teaching Points:**

- Can alternate and use fun names Cats and Mice, Men in Black, Shredder Shredder
- Coaches challenge players to test their limits
- Fun, Fun, Fun

- All players line up on goal line as skaters
- Coaches in mid-ice zone as opposition
- When coaches yell British Bulldog, the skaters attempt to skate to opposite end of rink
- Opposition attempts to touch skaters
- If caught, skaters become opposition, last skater alive is the winner
- Progression can be made to same game with pucks
- Puck must be put into net to turn skaters into opposition



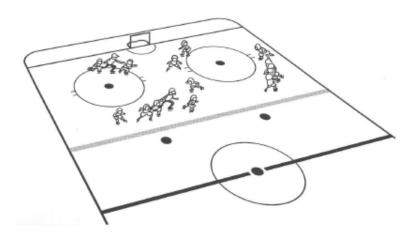
### F3. Chain Tag

**Objective:** Develops teamwork and strategy

#### **Key Teaching Points:**

- Important to stress cooperation
- Fun, Fun, Fun

- Two Group Leaders or skaters are picked to be "it" and must attempt to touch a skater
- On whistle, all skaters sprint away to a safe area on the ice
- If a player who is "it" touches a skater, they must join into a chain, holding hands
- Once four players make up a chain, they split into two chains of 2 players each
- Game continues until all players are caught
- Coaches should stress teamwork and lots of enjoyment



#### F4. Frozen Tag

**Objective:** Develop agility and teamwork

#### **Key Teaching Points:**

- Quick skating and good spatial awareness
- Fun, Fun, Fun

- 3-4 Group Leaders or skaters are chosen to be "it"
- On whistle, skaters sprint away from those who are "it"
- If tagged, skaters must freeze with arms outstretched
- Skaters are rescued if another player skates directly under their arm
- Group Leaders challenge skaters to make tight turns, quick sprints and accelerations



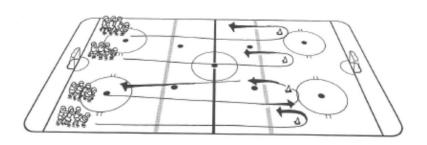
#### F5. Train Race

**Objective:** Team cooperation and balance

#### **Key Teaching Points:**

- Controlled skating
- Working together as a unit
- Fun, Fun, Fun

- Skaters split into four groups
- Skaters line up behind defensive zone hash marks
- Front skater is conductor and cannot take strides, hands must stay on their knees
- On whistle, all trains must skate down ice, around a pylon and return back
- First team back to defensive zone hash mark wins the race
- If the train falls apart, skaters must stop and repair it in order to resume



<sup>\*</sup>Expand to have only the last player skating, with a rotation at each end of the rink so all players have opportunity to be the last skater

#### F6. Cat and Mouse

**Objective:** Develop skating and reaction skills

#### **Key Teaching Points:**

- Challenge players to make quick accelerations
- Strategy of chasing other skaters
- Fun, Fun, Fun

#### Description:

- Have all the skaters standing in the middle of the ice
- Line up 4 skaters on one side of the red line, facing the far end of the rink (the cats)
- Have one skater (the mouse) slowly begin to skate up from behind the cats
- The mouse sprints by the cats and as soon as the mouse passes them, the cats react by sprinting in pursuit
- All the skaters sprint around both nets, completing a full lap of the ice
- The cats attempt to catch the mouse if they can

## F7. Gold Mine (Capture the Flag)

**Objective:** Develop speed and agility skills

#### **Key Teaching Points:**

- Teach skaters to anticipate safe open ice opportunities
- Strategy of helping other teammates
- Fun, Fun, Fun

- Skaters are separated into two equal teams
- Group Leaders and parents are encouraged to participate
- At each end of the rink, one circle is designated the gold mine, the other is the jail
- Place 4-6 pucks or other safe objects in each gold mine

<sup>\*</sup> Expand to allow the skaters to stick handle pucks while skating

- When the game starts, each skater is safe if they are on their side of the red line
- If a skater is touched by an opposing player in the offensive side of the red line, the skater goes directly to jail
- The skater must stay in jail until another teammate sneaks in and releases him
- The object of the game is to skate into the opposing gold mine and steal a 'piece' of gold
- If a skater reaches the gold safely, they get a free skate back to their side of the red line, putting one piece of gold in their gold mine
- The team that gets all the gold in their mine is the winner
- Group Leaders and parents can challenge each skater at their skill level to improve their quickness and agility
- The Group Leader can decide to finish the game when the players begin to fatigue

#### F8. Coach Is Coming

Objective: Develop reaction and agility skills

# **Key Teaching Points:**

- Challenge players to make quick reactions, various body positions
- Stimulate high speed body position changes
- Fun, Fun, Fun

- The Group Leader or one parent stands in the middle of the ice, with all skaters spread out at one end of the rink
- When the Group Leader yells out a command, all skaters must react quickly to follow the command
- The commands should be given quite quickly to encourage fast reaction movements
- Coach Is Coming Commands
- "Coach Is Coming" skaters must stand still while saluting with their right hand

- "Submarine" skaters must lie on their backs with one leg sticking straight up
- "Scrub the Deck" skaters must go down on all fours scrubbing the ice with one hand
- "Big Wind" skaters must stand straight up and twirl around and around
- "Bow" "Stern" "Port" "Starboard" skaters must skate quickly in the proper direction
- (Bow forward, Stern backward, Port left, Starboard right)
- "Life jacket" each skater must find a partner to lock arms with, standing back to back
- "Life Boat" skaters must sit on the ice, moving their arms back and forth like they are rowing
- "Hit the Deck" skaters must quickly fall face down on the ice
- "Man Overboard" skaters skate quickly to the nearest boards, jumping up onto the boards
- "Shark Attack" skaters attempt to quickly skate into the middle circle without getting caught by the Group Leader
- Group Leader continues the game until the skaters appear fatigued

## F9. Hotdog Tag

**Objective:** Develop agility and teamwork

#### **Key Teaching Points:**

- Quick skating and good team planning
- Fun, Fun, Fun

- 1-2 Group Leaders or skaters are chosen to be "it"
- On whistle, skaters sprint away from those who are "it"
- If tagged, skaters must lie on the ice facing upwards with arms beside their bodies
- Skaters are rescued if two other skaters lie down on either side, forming a 'hotdog'.

 Group Leaders challenge skaters to make tight turns, quick sprints and accelerations

#### F10. Toilet Tag

Objective: Develop agility and coordination

#### **Key Teaching Points:**

- Quick skating and good anticipation
- Fun, Fun, Fun

### Description:

- 3-4 Group Leaders or skaters are chosen to be "it"
- On whistle, skaters sprint away from those who are "it"
- If tagged, skaters must kneel on one knee with one hand stretched out
- Skaters are rescued if another player sits on their knee and touches their hand, flushing the toilet
- Group Leaders challenge skaters to make tight turns, quick sprints and accelerations

# F11. Train Progression Race

**Objective:** Develop skating skills and power

# **Key Teaching Points:**

- Challenge players to work as a cohesive team
- Strategy of keeping their train together when it is pushed
- Fun, Fun, Fun

- Skaters are divided into teams of 4 or 5, lining up at one end of the rink at the circle hash marks
- A pylon is positioned for each team along the opposite end circle hash marks
- On the whistle, the first skater of each team sprints down the ice, around the pylon and back

- Once back, the first skater puts his hands on his knees and becomes the conductor, steering the train but not striding
- The second skater in line then pushes the conductor down the ice, around the pylon and back
- The second skater joins the conductor and the third skater pushes the expanding train, until all skaters have pushed the train
- If the train falls apart, skaters must stop and repair it in order to resume
- The first team to finish the race is the winner

#### F12. Catch the Rabbit

**Objective:** Develop skating speed

#### **Key Teaching Points:**

- Challenge players to skate as quickly as possible around the ice
- Fun, Fun, Fun

- The nets are moved slightly closer to the middle of the ice to allow for more room
- The Group Leader selects one skater to be the "Rabbit".
- The "Rabbit" lines up at the center red line on one side of the ice
- All other skaters line up along the blueline behind the "Rabbit".
- On the whistle, all skaters sprint around both nets to complete one lap
- The skaters attempt to catch the "Rabbit" before the lap is completed

<sup>\*</sup> Expand to have the skaters sprint backwards around the ice

#### F13. Red Light Green Light

**Objective:** Practicing starts and stops

#### **Key Teaching Points:**

- Challenge players to stop quickly and with good balance
- Fun, Fun, Fun

#### **Description:**

- All skaters line up along one goal line
- The Group Leader is the policeman and stands at the opposite goal line, looking away from the skaters
- The policeman starts the game by yelling "Green Light"
- After a few seconds, the policeman yells "Red Light" and quickly turns around
- The policeman identifies all skaters who were still moving as he turned around
- The moving skaters must go back to the starting line, but the others stay still
- The policeman then turns back and yells "Green Light" again, with the skaters advancing
- These calls are repeated until one skater reaches the policeman's goal line without getting caught
- The winning skater then becomes the policeman and the game starts again

#### F14. What time is it Mr. Wolf?

Objective: Develop balance and quickness

# **Key Teaching Points:**

- Teach skaters to walk on their skates with proper balance
- Fun, Fun, Fun

- All skaters line up at one end of the ice along the goal line
- The Group Leader (Mr. Wolf) stands at the opposite blue line

- The skaters start the game by yelling "What time is it Mr. Wolf?"
- Mr. Wolf chooses a number and yells "1 O'Clock" or "5 O'Clock" or "12 O'Clock"
- The skaters must take the corresponding number of steps towards Mr. Wolf
- This is repeated until the skaters have progressed close to Mr. Wolf
- Finally after the question is posed, Mr. Wolf yells "Lunch Time" and skates quickly after all the skaters back to the starting line
- The game is repeated until the players are fatigued

# **Practice Plans**



# **REMEMBER THE 3 P's:**

BE POSITIVE BE PLANNED BE PATIENT

Team:		
Date:	Time: _	
Location		

# Main Practice Objective: Speed

Drill Name	From	То	Key Points
1. A1 Angle Boards Skating	0	5	Warmup
2. B1 Full Rink Skating	5	15	Line Jump / One Knee / / Squat / One Leg Balance / Alligator Roll
3. F9 Hot Dog Tag	15	25	Agility / Fun
4. B6 Four Corner Circle Relay	25	35	Agility / Balance
5. C11 Half Lap Stick Relay	35	45	Speed / Teamwork
<b>6.</b> C7 Pairs Pylon Race	45	58	Speed / Agility
7. Closing / Two Cooldown Laps	58	60	Feedback / Cooldown

Team:		
Date:	Time:	
Location:		

# **Main Practice Objective:**

Drill Name	From	То	Key Points

Team:	
Date:	Time:
Location:	

# **Main Practice Objective:**

Drill Name	From	То	Key Points

Team:		
Date:	Time:	
Location:		

# **Main Practice Objective:**

Drill Name	From	То	Key Points



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