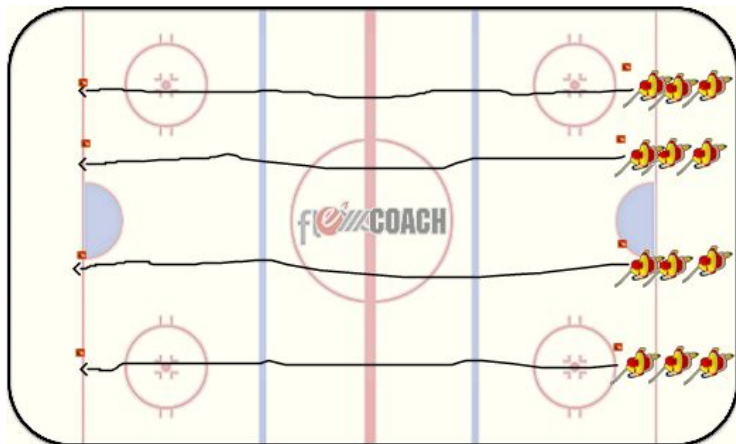


1) EDGE CONTROL - Inside &

10 min.



OBJECTIVE

Improve Balance and Edge Control

ORGANIZATION

Wave Pattern

VARIATION

1. Inside Edge Near
2. Inside Edge Far (Hold and Balance)
3. Inside Edge Stride (Jump across focus on Power)
4. Outside Edge (Scissor Skate)
5. Outside Edge Wide
6. Outside Edge Stride (Jump Across off Outside Edge)
7. Slalom (Both skates remain on ice and close together the whole time)
- *8. ADVANCED - Inside Outside Edge on 1 Skate (No Strides at Start)

GOALIE

None Needed

2) Forwards Starts - Crossover Start

10 min.



OBJECTIVE

Improve technique and speed

ORGANIZATION

3 Lines at the blue lines/red line/blue line based on number of players. 2 Cones set up - 1 on the line and 1 off the line in the direction the players are facing.

VARIATION

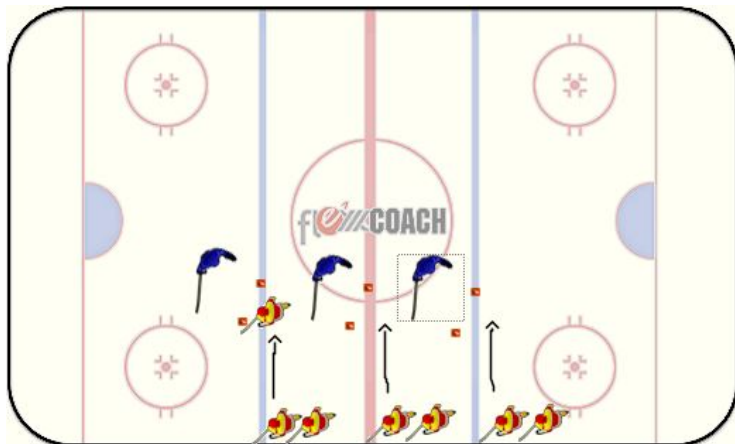
1. Players start on blue line or red line facing the coach. On the whistle they will cross over and push off using 1 pushes to drive out and glide. They will weight for the whistle as a cue for them to move for their next start.
2. They will do this all the way across the line, and then perform the same skill coming back.

2ND Set

1. Cross over followed by two strides.
 2. Focusing on (Weight Transfer/Stick Position)
HP3/ELT4 - Stick Position in the direction you are going/Eyes looking where you are going
- *The reason we are using the line is to get players thinking about driving straight ahead and not to the side. They will notice if they push themselves off their line if they have created movement to the side.
- **Players must keep their eyes and toes pointed forward and drive forward at the vision of the puck.

3) ADV2 - HP3 Stops and Starts

10 min.



OBJECTIVE

Improve stopping technique and cross over starts

ORGANIZATION

BL - RL - BL

VARIATION

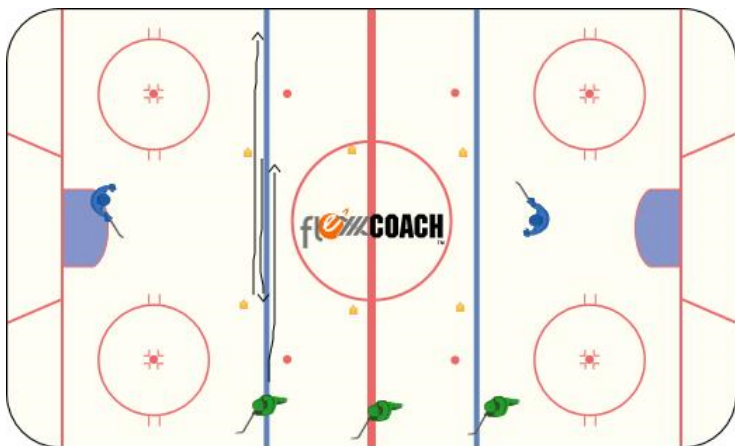
- 2 WHISTLES - First whistle players skate to cones and stop with back foot lined up with back cone. Second whistle players cross over start and move back toward line
- 1 WHISTLE - players skate to cones and move back to line quickly

GOALIE

None needed

4) Forwards Starts - Crossover Start

5 min.



OBJECTIVE

Improve technique and speed

ORGANIZATION

3 Lines at the blue lines/red line/blue line based on number of players. 2 Cones set up - 1 on the line and 1 off the line in the direction the players are facing.

VARIATION

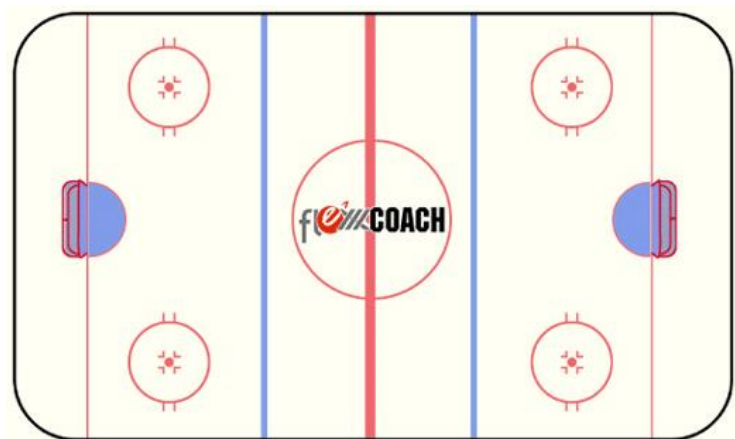
- Player start on the boards and take off using a crossover start to the far cone, back to the near cone, and over to the far boards.
- Watch for players to increase their speed from their stops and start technique.

Key elements:

- Head and shoulder rotating in advance of the full stop (Look in the direction you are headed)
- Stick rotation
- blade committment - watch for these steps on the line, players should be having their first two strides on their line.
- 1-2 on the blade - determine this from the length of the strides as players come out of their stop.
- Slight stagger in the feet while stopping

5) Stops and Starts Drill

10 min.



OBJECTIVE

Execute stop and starts in game scenario

ORGANIZATION

-Have players line up on red lines against boards facing opposite corners. -On the whistle a player from each line will leave skating towards the corner, stopping and starting on the hashmark (similar to winger in a breakout). -Coach on each side will make a break out pass and the player will head down the ice to shoot on net

