

DRILL: POWER SKATING - ~20 MINUTES**HOW TO**

- Stride out and hold:** Players take 2-3 strides (enough to get themselves moving, but not skating away far) then hold their right skate out as far as possible and for as long as possible. When they lose momentum, they may recover and repeat till they reach the designated destination. Repeat with left leg, then repeat backwards. Objective here is stride length in their drive leg that is correlated to knee bend in the glide leg - the more bend, the longer the stride will be and the longer they should be able to glide.
 - After a few, you can make this a quick contest to see who can glide the farthest or who can get the lowest or longest extension. This may help to reinforce to some players the need to bend their knees and drive out with their whole leg.
- Low alternating C-cuts:** Similar to above, have players skate using C-cuts only (no striding) and alternating legs - C-cut, glide, C-cut, glide - but they have to remain as low as possible. Ideally, they should be at 90-ish degree angles like they are sitting in a chair. Repeat going backwards.
 - Players will want to either bob up and down, not get low, or try to speed through it. C-cuts are one of the first things any skater learns, so they will think it is easy. Reinforce knee bend, driving heel to toe (or toe to heel for backwards) to really get push and extension, and bigger is better.
- Duck Walk to Sprint:** Duck walk (toes pointed out, one foot in front of the other, knees bent) for three steps then sprint 4 strides and repeat. If going cross ice, they take three duck steps, then sprint to center ice and stop. Take three more duck steps then sprint to the board.
 - The duck steps help to get hips open and work on transitioning edge to edge like you would on a take off or transition. Players will tend to not bend their knees which means they won't get good grab on their edges and will have a weak take off at the sprint point. Players will also tend to not get one foot in front of the other (which comes back to flexibility and knee bend!) or they will try to bypass the duck steps completely.
- Side Steps:** While facing one end zone, players will step one foot over the other, "walking" laterally across the ice.
 - Again, this is helped by knee bend to get the right balance and edge transfer. Make sure players aren't cheating by turning toes up the line or just doing little crossovers.

DRILL: GOALIE WORK - ~20 MINUTES**HOW TO**

- Review Square-Angle-Depth
- 5 Puck Angle Drill
- W Drill

DRILL: AGILITY RELAY - 8 CONES & 2 BUMPERS NEEDED

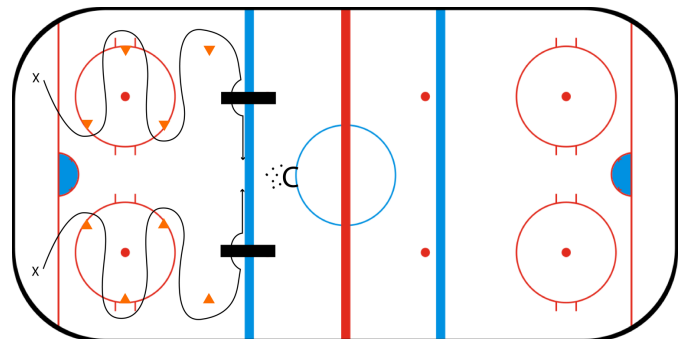
LINK: <https://acimaging.net/hockey/agility-relay/>

PURPOSE

Technical skating, balance, and competition.

HOW TO

- Place 4 cones on each side of the ice in a zig-zag pattern. Place one Border Patrol bumper at the blue line. Coach will be outside the blue line with pucks. Divide team - half in each corner.
- First players in each line skate weave around the cones, hop the Border Patrol, then race for a puck the coach puts into the zone for a 1v1 and shot on net. Players then switch line.

**DRILL: DESIGNATED SHOOTER**

LINK: <https://acimaging.net/hockey/3v3-designated-shooter/>

PURPOSE

This small area game helps to force players to look up for the point and then get to the net for rebounds. For goalies, the shot is a relative constant, which allows them to focus more on playing the puck in traffic after the shot and reading screens, tips, and rebounds by minimizing the extra element of where a shot is coming from.

HOW TO

- Divide the team into two groups. First three from each group line up at the blue line. Player 3 is the designated shooter – doesn't have to be a D-man.
- Player 1 from each group skates to edge of circle, player 2 skates to edge of circle twice, player 3 skates to center line and joins play.
- Players must move puck in zone to their designated shooter for a shot. They can then tip or play rebounds (one-timers), but cannot stick handle the puck or the play resets.
- Coaches switch up skating parameters to add in conditioning and power skating elements.