



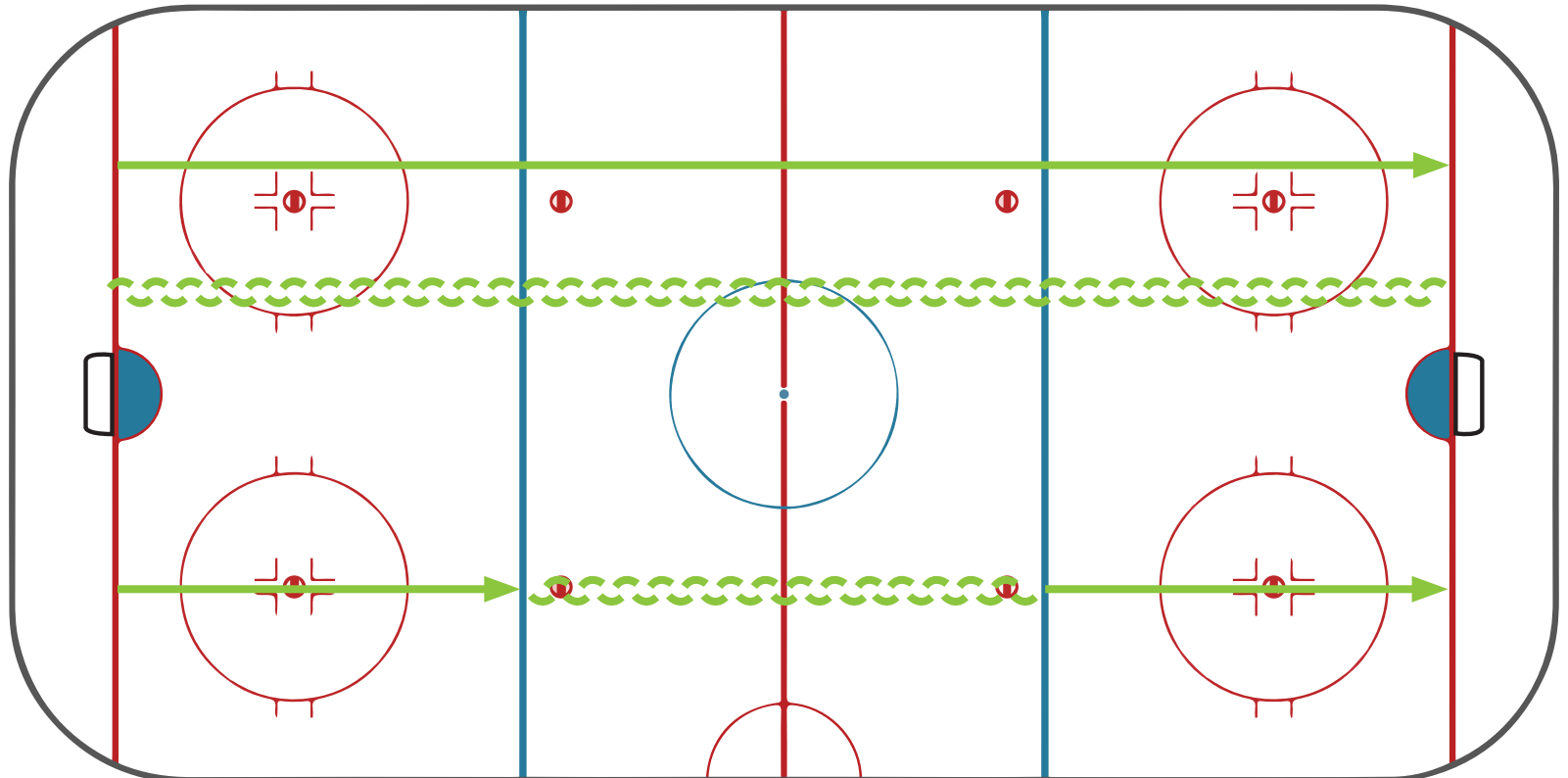
TECHNICAL SKATE DRILLS

Straight Line Skating ~20 min

1. Forward the length x4
2. Backward the length x4
3. Forward → Backward → Forward x4

LEGEND

X	Player
→	Skating Forward
↔	Skating Backward
→	Shot
▲	Pylon
G	Goalie
F	Forward
D	Defense
C	Centre





TECHNICAL SKATE DRILLS

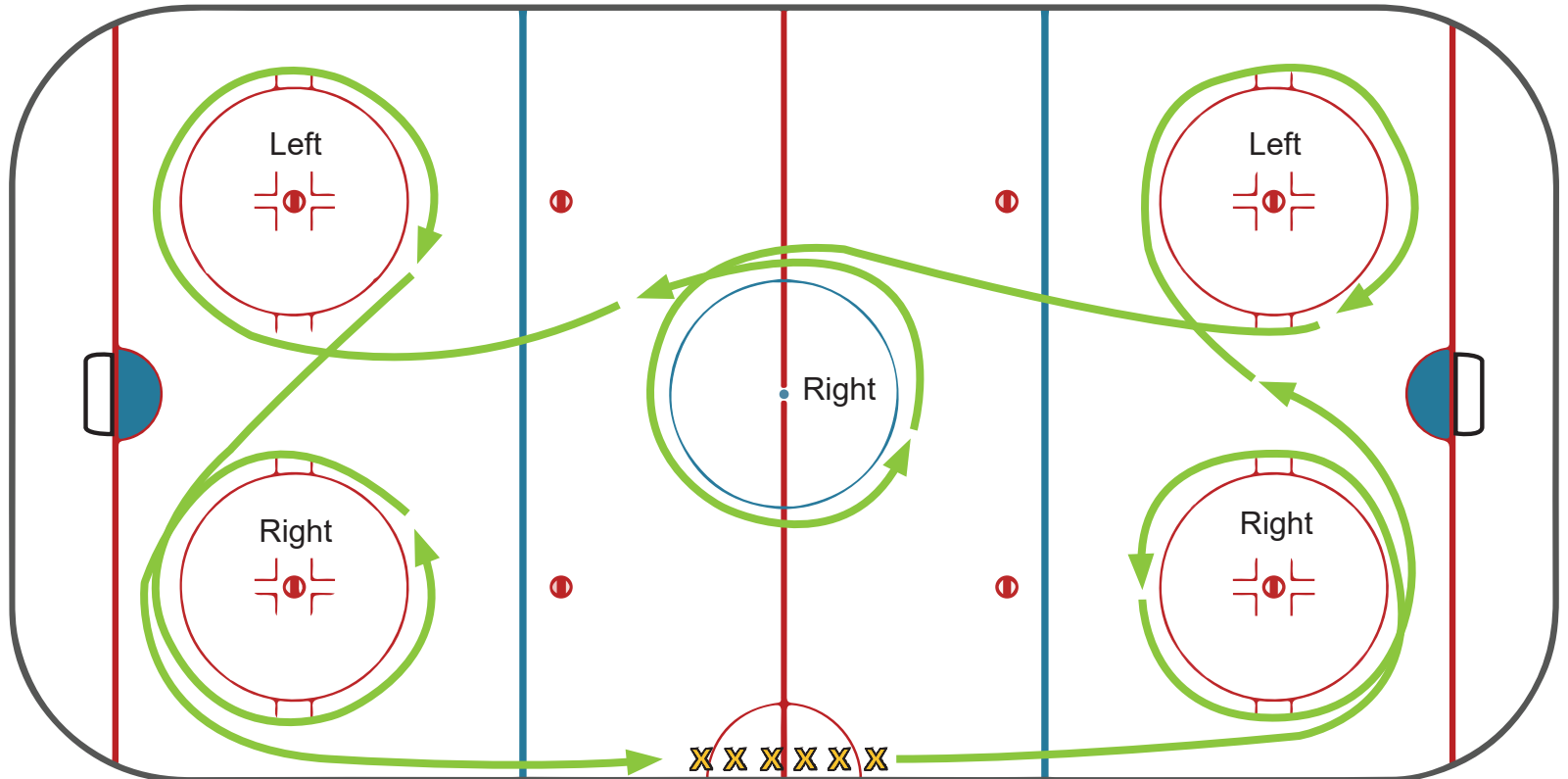
Crossovers ~20 min

Line up at blue line

1. Continuous until ratings complete
2. Forward then Back

LEGEND

- X Player
- Skating Forward
- ↩ Skating Backward
- Shot
- ▲ Pylon
- G Goalie
- F Forward
- D Defense
- C Centre





TECHNICAL SKATE DRILLS

Pivots/Edges ~20 min

Pylons set-up in slalom formation
→ two lines opposite corners

1. Tight turns
2. Eagle turns
3. Forward → Backward Pivots

LEGEND

- X Player
- Skating Forward
- ↔ Skating Backward
- Shot
- ▲ Pylon
- G Goalie
- F Forward
- D Defense
- C Centre

