



2025 EOAARA U19AA

SKATING SESSION

August 24th, 2025

Warmup

FULL ICE WARM UP SKATE

- Athletes are skating around the ice. On coach's direction, they skate hard between the bluelines.
- On coach's direction, they transition to backwards skating between the bluelines.
- They will be given two minutes to stretch if they choose before the first drill.

Drill 1

FULL ICE SKATE

- One group of 9 athletes stand on goal line in one end. The remainder of the athletes are on the benches.
- Coach blows the whistle – athletes have 45 seconds to skate down the ice, stop at the goal line and skate back to the free play line in the end in which they began.
- Once athletes are at the free play line, they can glide back to the start goal line and get ready to go again.
- Once the 45 seconds is done, the coach immediately blows the whistle and starts the next 45 seconds, and the athletes go again.
- Athletes execute the drill for a total of five times.
- Athletes who fail to get to the goalline within 45 seconds must stay skating until they can catch up.

Drill 2

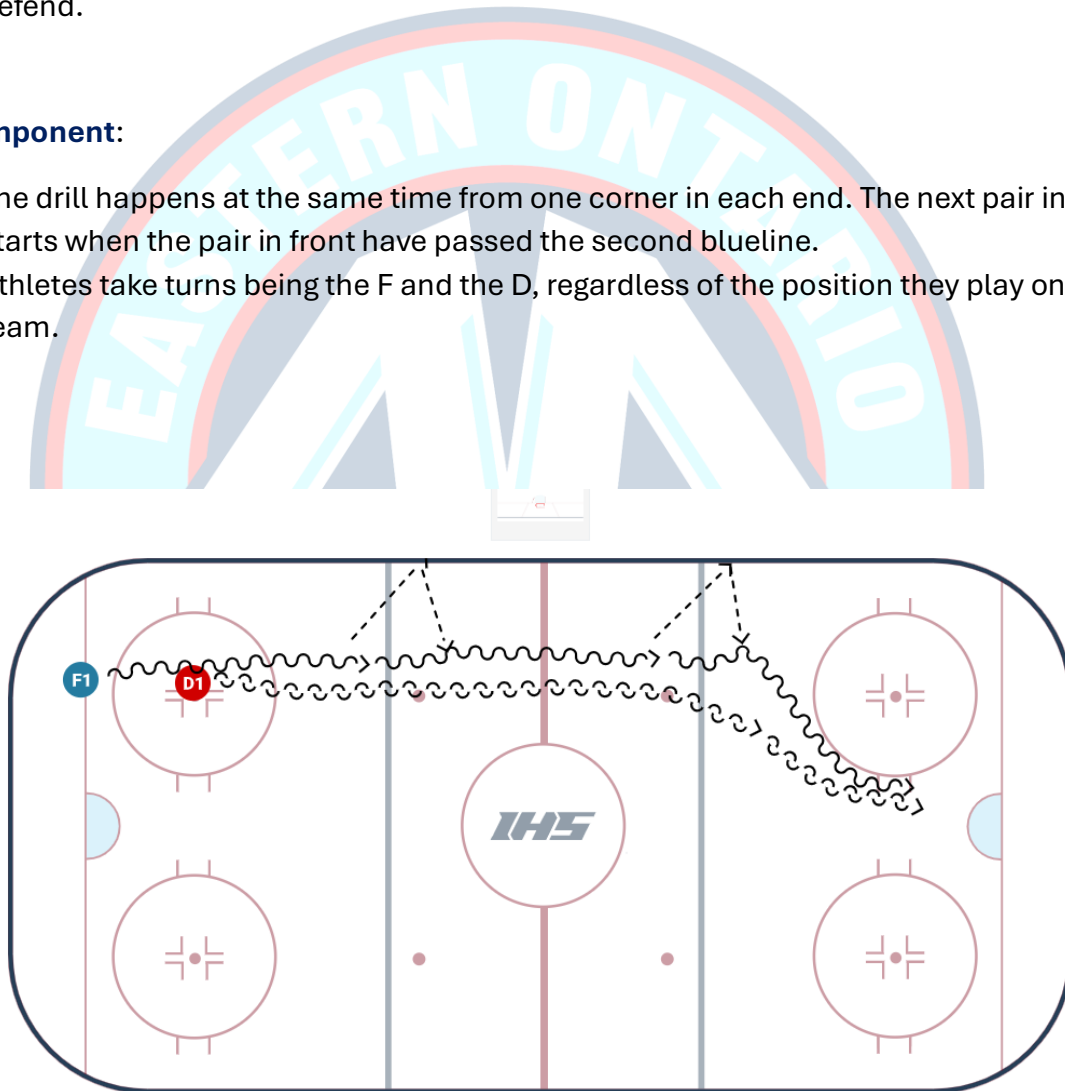
FULL ICE BACKWARDS SKATE & DEFEND

- Equal numbers of athletes line up in opposite corners of the ice.
- D1 = defence, starts in the middle of the small circle.
- F1 = offence, starts with the ring on the goal line.
- Coach blows the whistle, or indicates go.

- F1 with the ring, skates forward down the ice (2 hands on stick) and makes a boards bounce pass to themselves at each blue line at ***approximately 75% speed***.
- D1, does a backwards quick start, stays goalside inside down the ice with F1.
- ***D1 is not allowed to touch the ring until the second board pass is complete.***
- *F1 begins to accelerate to 100% speed with the ring upon hitting the center ice line.* Once F1 makes the last board pass to themselves, they drive to the net and shoot.
- D1 to defend, staying goalside inside.
- If D1 gets the ring after the 2nd board pass, they can shoot on the net and F1 must defend.

Key Component:

- The drill happens at the same time from one corner in each end. The next pair in line starts when the pair in front have passed the second blueline.
- Athletes take turns being the F and the D, regardless of the position they play on the team.

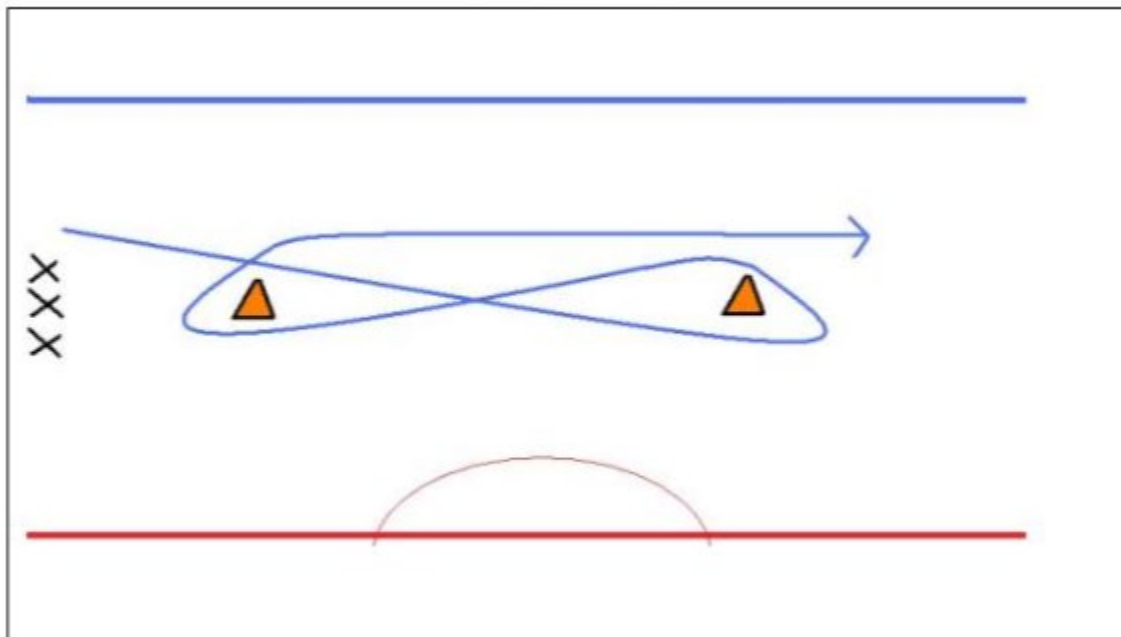


Drill 3

FIGURE 8 AND EXPLODE (PIVOTS & TIGHT TURNS)

- 2 pylons set up about 10 feet apart directly in front of the line of athletes.
- First pylon set approximately 5 feet from athletes start position.
- First athletes in line skates skate forwards, pivot backwards, skate backwards a few strides, open up halfway to skate forwards to the next cone, pivot backwards, skate backwards a few strides, open up the skate forwards to exit the drill.
- Repeat until all skaters are on the **opposite side** of the ice. Run again back to the original starting point.
- Progression to skate forwards, doing a tight turn around the far pylon, making 1 cross over and then exploding to the closest pylon with a tight turn around it to explode forward and exit the drill.

ATHLETES COMPLETE 2 REPS MINIMUM STARTING FROM THE LEFT SIDE OF THE CONE, AND THEN 2 REPS STARTING FROM THE RIGHT SIDE OF THE CONE (or more, at the discretion of on-ice coach and assessor requirements).

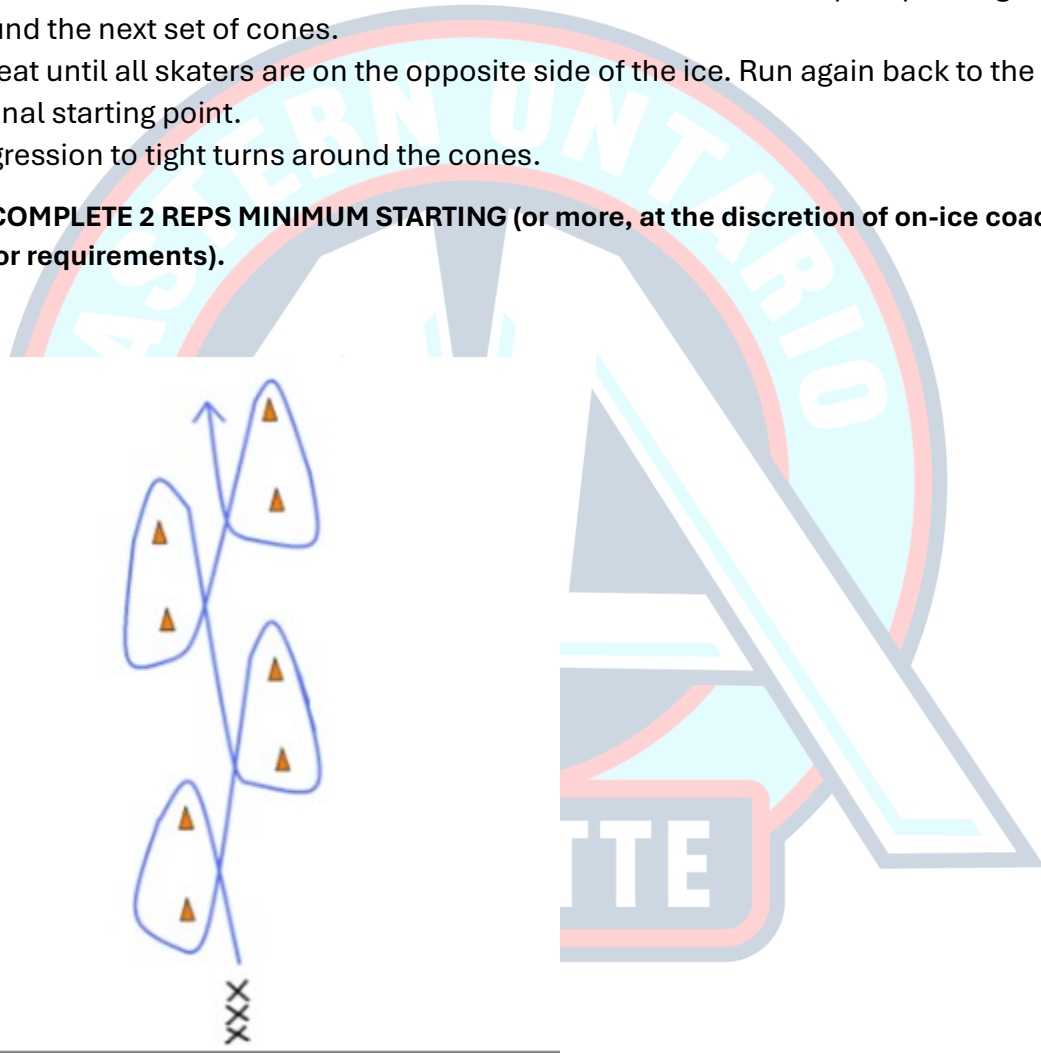


Drill 4

FERRIS WHEEL (PIVOTS & TIGHT TURNS)

- Pylons placed in group of 2, 4 feet apart. Groups of cones placed on alternating sides about 5 feet diagonally apart from one another.
- Athletes skate up the center of the ice before reaching the first set of cones, pivot and skate backwards around the cones, opening up at the bottom of that pair to explode forwards to the next set of cones on the other side and repeat pivoting around the next set of cones.
- Repeat until all skaters are on the opposite side of the ice. Run again back to the original starting point.
- Progression to tight turns around the cones.

ATHLETES COMPLETE 2 REPS MINIMUM STARTING (or more, at the discretion of on-ice coach and assessor requirements).

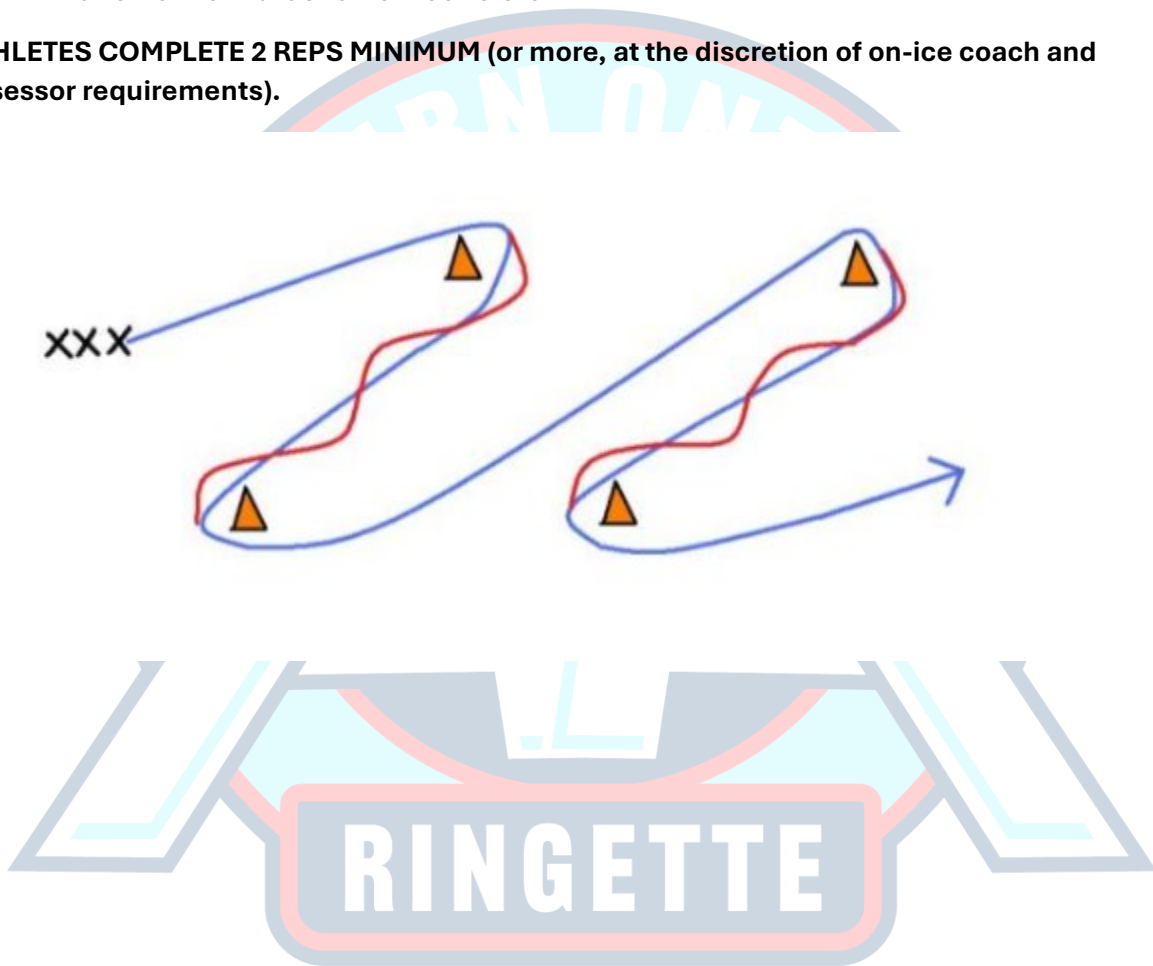


Drill 5

ROLLER COASTER TRANSITION (PIVOTS & TIGHT TURNS – DEPENDING ON ICE CONDITION)

- 4 pylons set up in a zig zag pattern up the ice with each pylon being two stick lengths apart.
- Athlete open hip quick start to skate to first pylon.
- Pivot backwards and skate backwards to the next cone.
- Transition forwards to next cone etc.....

ATHLETES COMPLETE 2 REPS MINIMUM (or more, at the discretion of on-ice coach and assessor requirements).



Drill 6

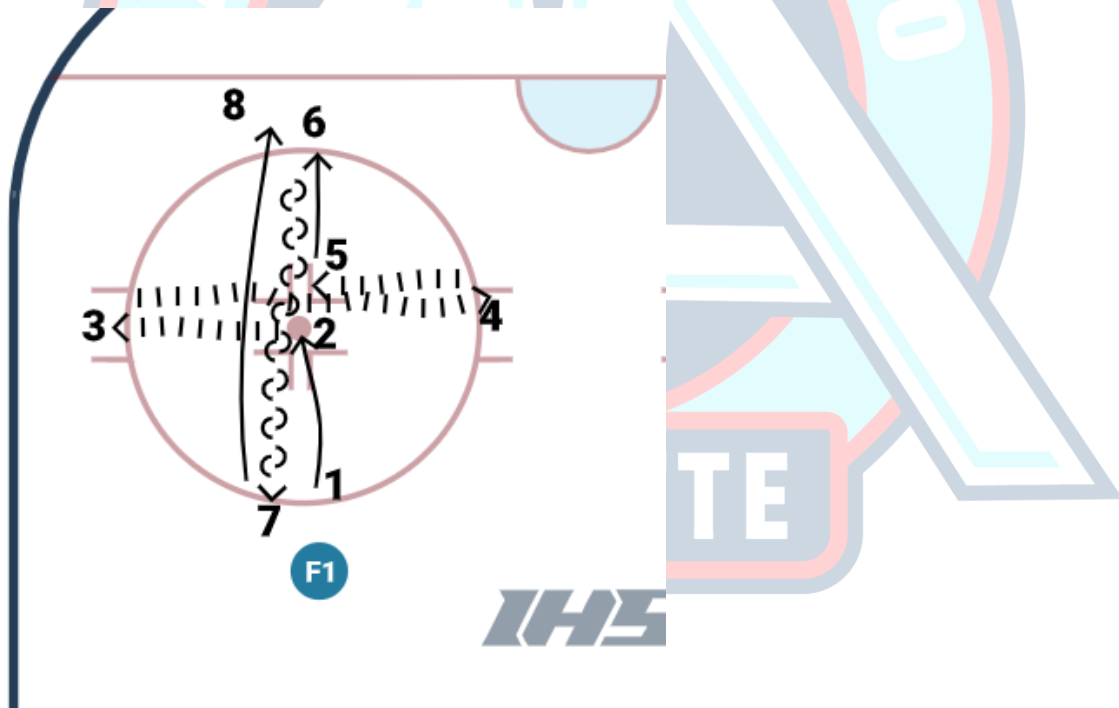
CIRCLE AGILITY

- Athletes start at edge of circle.
- (1) Open hip quick start to middle of circle dot, stop. (2)
- Lateral cross overs steps to the left edge of the circle, stop. (3)
- Lateral crossovers to the right edge of the circle stop. (4)
- Lateral crossovers to the left, stop in the middle of the circle. (5)
- Explode forwards to the edge of the circle, stop. (6)
- Skate backwards to the bottom edge of the circle, stop. (7)
- Explode forwards to the top of the circle. (8)

ATHLETES COMPLETE 2 REPS MINIMUM (or more, at the discretion of on-ice coach and assessor requirements)

Important Note:

- Shoulders, toes, to stay square when doing the quick feet crossovers



Note that the coaching staff will attempt to execute all of these drills the same for each ice session so that each athlete has the same opportunities to showcase their skating skills.