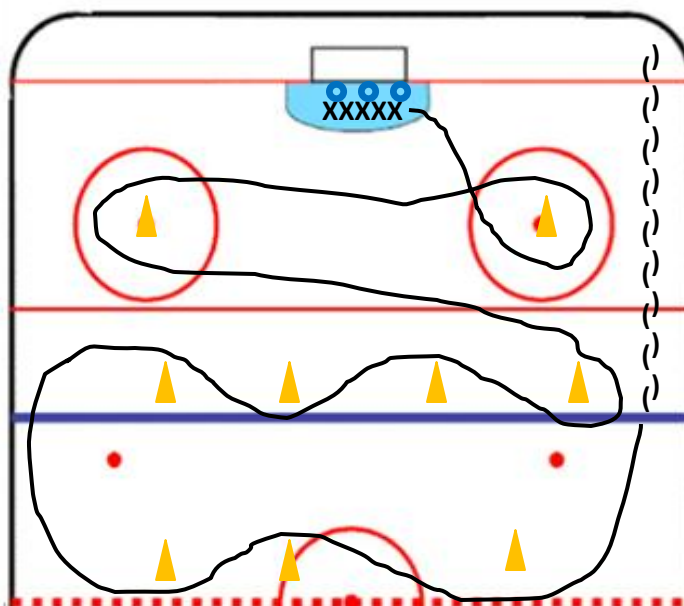


**Stage: UI6/UI9**  
**SKATING DRILLS**

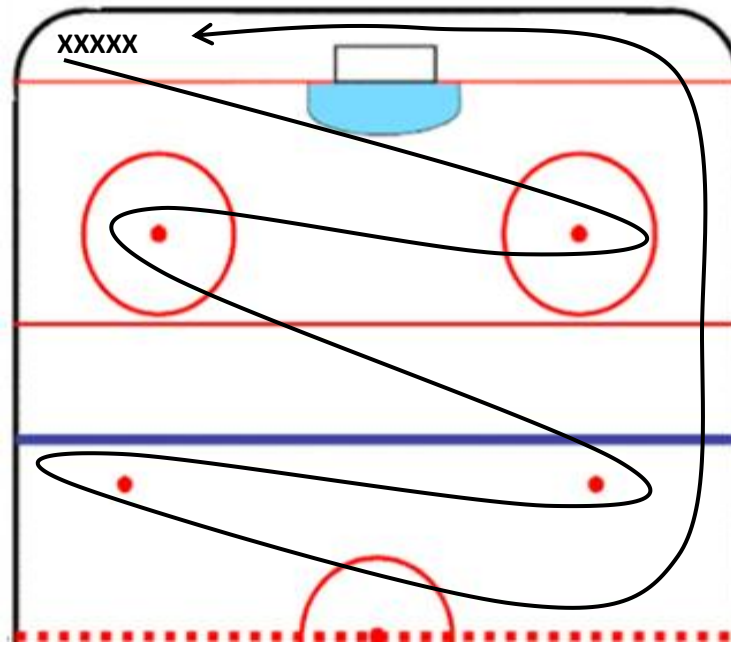
<b>Drill #</b>	<b>ACTIVITY</b>
1	Basic Slalom
2	Crossover
3	Zig Zag Stop
4	Backwards with Stop
5	Face the End
6	Modified W
7	Stops & Starts
8	Forward / Backward Pivot
9	Backwards Crossover
10	Backwards Mix
11	Backwards Skating Course
12	Backwards 2 Player Race

# Drill # 1



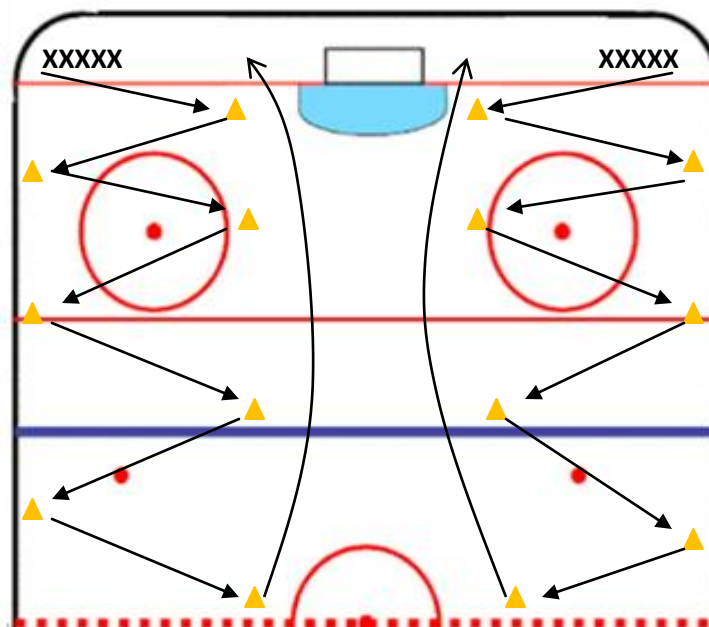
<b>Drill Name:</b>	Slalom	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>	<b>Players:</b>		<b>What do I need?</b>	
	<ul style="list-style-type: none"> <li>Protect the ring</li> </ul>		<ul style="list-style-type: none"> <li>Rings</li> <li>9 Pylons</li> </ul>	
<b>Goalkeepers:</b>	Not involved in this drill			
<b>Drill Details:</b>			<b>TIPS</b>	
<ul style="list-style-type: none"> <li>Line up pylons as per diagram</li> <li>Skaters line up in front of net as shown</li> <li>First player skates out to pylon A full tight turn and follow pattern as shown</li> <li>Pivot backwards after pylon course to goal line and rejoin group</li> <li>Send players to start course after first player turns at first pylon</li> </ul>			<ul style="list-style-type: none"> <li>Keep the ring to the outside of the pylon</li> <li>Proper Grip on stick, pressure on stick</li> <li>Pylon represents opposition</li> <li>Tight turns both skates on ice inner foot out front</li> <li>Keep knees bent</li> </ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
October	Insert checkers to replace some pylons and stick check	January	Add Pylons and increase speed;	Perform Backwards; One foot slalom through the pylons.
<b>Skills Matrix</b>				
General Carry Ring	General Protecting Ring	Skating Sharp Turns	Skating two foot Slalom	

# Drill # 2



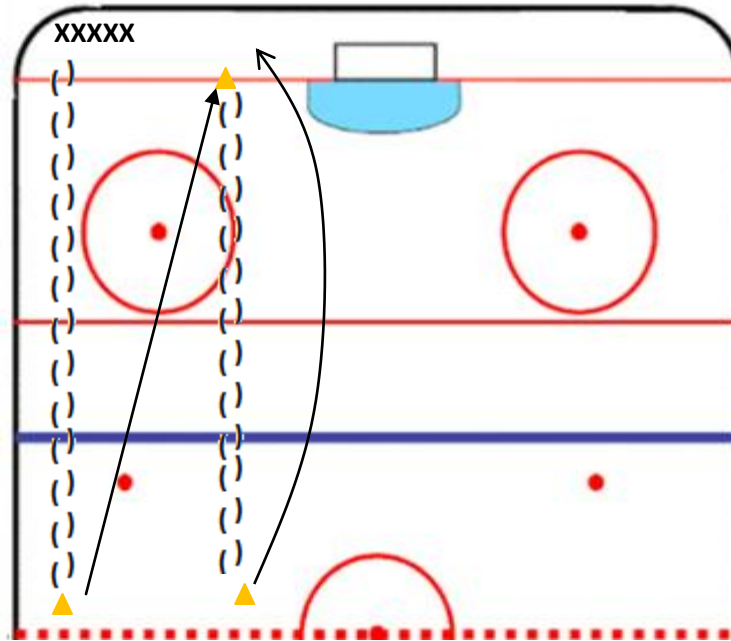
<b>Drill Name:</b>	Crossover Dots	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>		<b>What do I need?</b>		
<b>Players:</b> <ul style="list-style-type: none"> <li>• Keep tight with the dots</li> <li>• Focus on not coasting</li> </ul>				
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b>			<b>TIPS</b>	
<ul style="list-style-type: none"> <li>• Line up in corner behind net</li> <li>• Hard skate to far circle</li> <li>• Do tight crossovers around dot and follow diagram around dots</li> <li>• Skate back to behind net</li> </ul>			<ul style="list-style-type: none"> <li>• Repetition of Crossover movement is key to play acceleration development</li> </ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
October	Wider turns	January	tighter crossovers and increase speed; add rings, focus on acceleration through turns	
<b>Skills Matrix</b>				
Skating Crossovers	Skating Acceleration	Forward Stride		

# Drill # 3



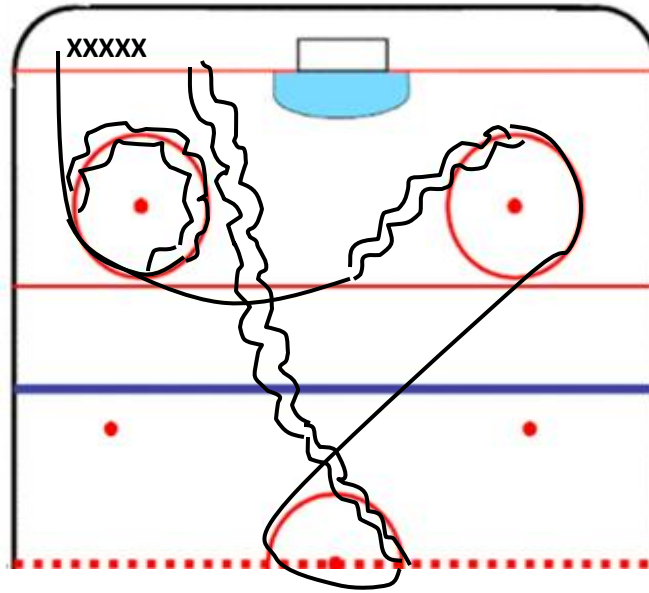
<b>Drill Name:</b>	Zigzag Stop	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>		<b>What do I need?</b>		
<b>Players:</b> <ul style="list-style-type: none"> <li>Focus on Acceleration and hard, fast takeoffs</li> </ul>		<ul style="list-style-type: none"> <li>14 Pylons if 2 lines</li> <li>7 if one line</li> </ul>		
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>Line up in corner behind net</li> <li>Fast takeoffs to first pylon</li> <li>2 foot stop</li> <li>Fast takeoff to next pylon</li> </ul>			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preperation</b>	<b>Preperation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
October	Parallel stops	January	increase speed and intesity; alternate from forward to backward	Add additional Pylons; use Inside/Outside edge stops
<b>Skills Matrix</b>				
Skating Acceleration	Skating Forward Stride	Power pushes		

## Drill # 4



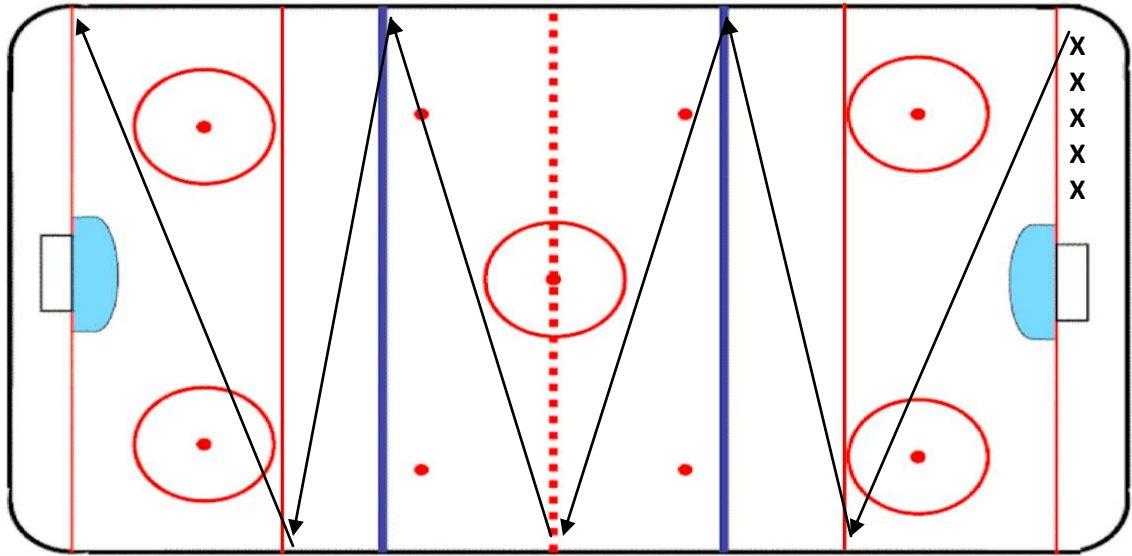
<b>Drill Name:</b>	Backward Stop	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Quick Feet,</li> <li>• Leaning forward</li> <li>• Powerful push on C Cuts to start moving quickly</li> </ul>		<ul style="list-style-type: none"> <li>• 6 pylons</li> </ul>	
<b>Goalkeepers:</b> Involved in this drill			
<b>Drill Details:</b>			<b>TIPS</b>
<ul style="list-style-type: none"> <li>• Line up in both corners</li> <li>• Half of team on each side</li> <li>• Starting backwards, backwards skating hard to center and backwards stop</li> <li>• Skate forward to goal line and stop</li> <li>• Start backwards to next pylon then forward to the goal line and back into group</li> </ul>			
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>
October, November			Increase intensity; make it a race between the 2 lines.
<b>Skills Matrix</b>			
Skating Backward Stride	General Backward C-Start	Skating Backward V-Stop	

# Drill # 5



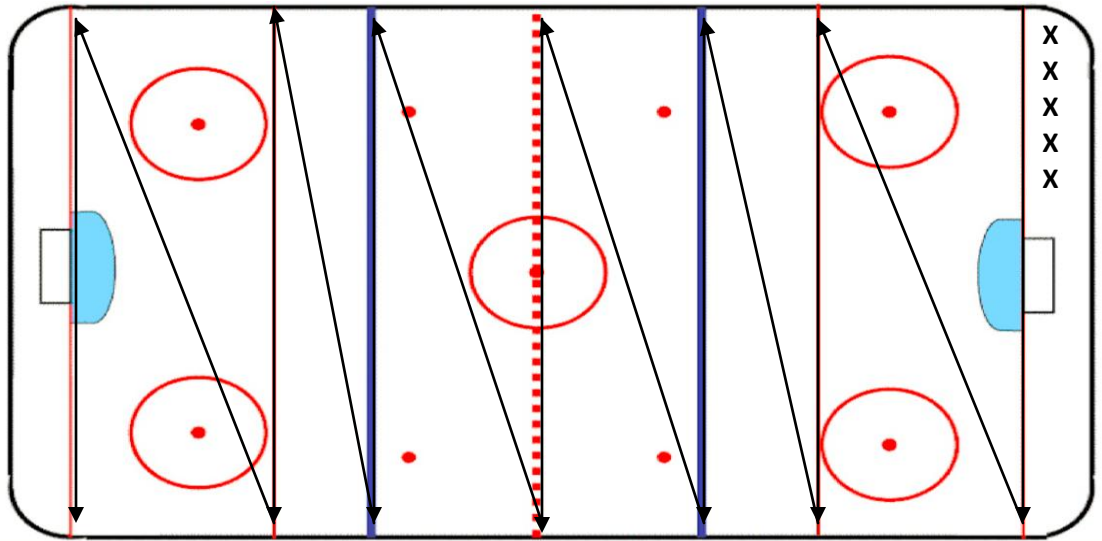
<b>Drill Name:</b>	Face the far net	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>		<b>What do I need?</b>		
<b>Players:</b> <ul style="list-style-type: none"> <li>Pivot without losing speed with crossovers</li> <li>Focus on balance and mobility</li> </ul>				
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>Line up in corner behind net</li> <li>Variation of the simple circles drill</li> <li>Always face the far net</li> <li>Pivoting front to backward skating.</li> </ul>			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
October - February			increase intensity	add rings
<b>Skills Matrix</b>				
Skating Forward Crossover	Skating Backward Crossovers	Skating Transitions Pivots		

## Drill # 6



<b>Drill Name:</b>	Modified W drill		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>	<b>Players:</b> <ul style="list-style-type: none"> <li>Keep facing forward for stops</li> <li>This ensures they use both sides to stop with</li> <li>Some players will only want to stop in the direction they are comfortable with</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>Rings for progression</li> </ul>		
<b>Goalkeepers:</b>					
<b>Drill Details:</b>			<b>TIPS</b>		
<ul style="list-style-type: none"> <li>Line up in corner behind net</li> <li>Variation of the simple W drill. Ringette lines</li> </ul>			<b>Progression:</b> <ul style="list-style-type: none"> <li>Add rings to the lines (enough rings at the first line)</li> <li>Quickly retrieve open ring, then drop off at the next line</li> <li>Continue skating and stopping at the second last line</li> <li>Retrieve another open ring and then drop at the next line</li> </ul>		
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>		<b>Competition Variations</b>
October		December - January	Add Rings at Ringette line and far blue line, players do not stop at these lines they do a tight turn while picking up the ring. Drop the ring at the next line. Make the stops for all other lines that do not have rings		
<b>Skills Matrix</b>					
Skating Forward Acceleration	Skating Starting Acceleration	Skating Stopping	Parallel Stop		

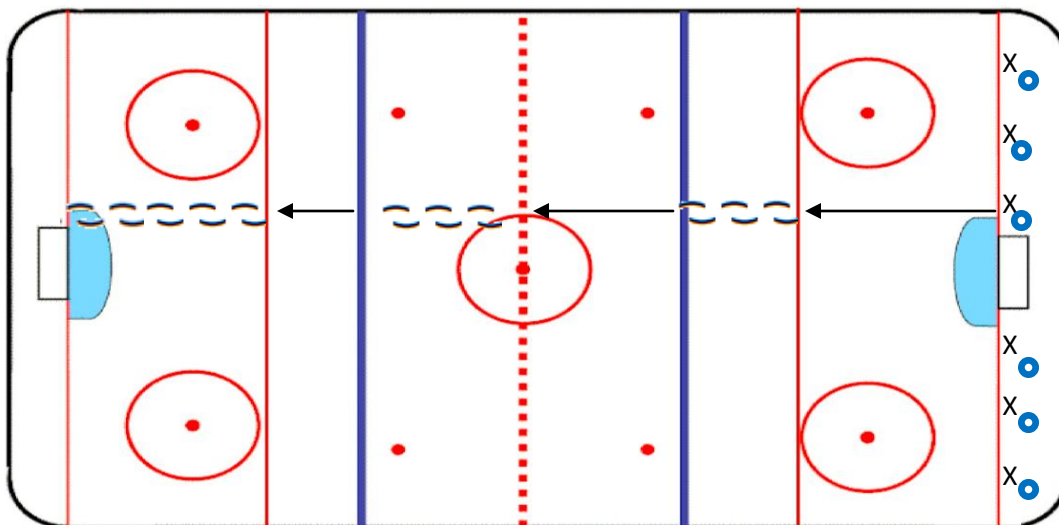
# Drill # 7



<b>Drill Name:</b>	Stops and Starts		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>	<b>Players:</b> <ul style="list-style-type: none"> <li>• Players are to be making complete two foot stops</li> <li>• Crossover starts facing the correct direction</li> <li>• Skating hard into each stop.</li> </ul>		<b>What do I need?</b>		
<b>Goalkeepers:</b>	Involved in this drill				
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Line up in corner behind net</li> <li>• Move nets to boards out of the way</li> <li>• A 1st player skates along the goal line to where the line meets the board</li> <li>• Once the player makes a complete stop, they continue on to the opposite side of the rink where the free play line meets the boards</li> <li>• Once the player makes a complete stop they continue along the free play line to the opposite side of the rink where the free play line meets the boards</li> <li>• Continue on as shown in diagram.</li> <li>• Second player starts after the first player has made his first complete stop and continued on to the next line</li> <li>• Players finish at the corner and wait until all the players have completed the drill</li> <li>• Repeat the drill going back to the other end of the rink</li> </ul>			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>	
October			Increase intensity; Add going backwards along the lines instead of forward skating.	use one foot stops	
<b>Skills Matrix</b>					
Skating Forward Acceleration	Skating Starting Acceleration	Skating Stopping Parallel Stop	Skating Starting Crossover Start		

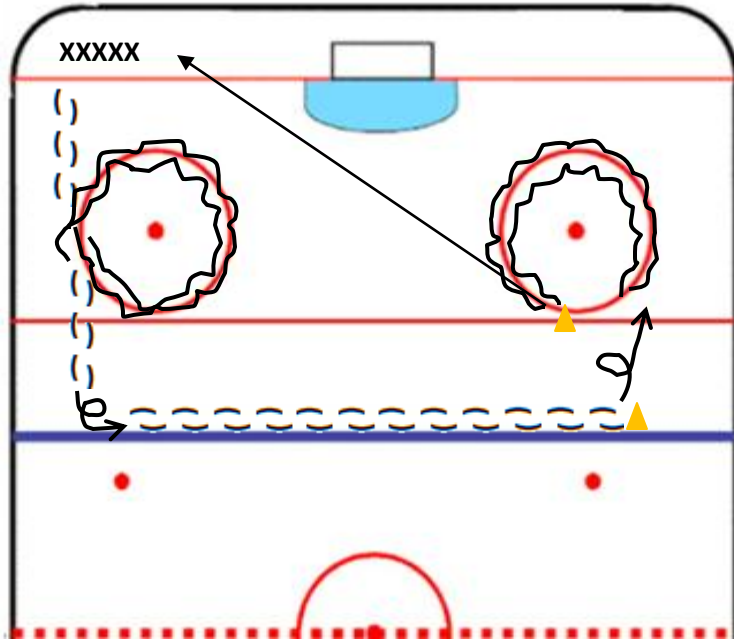


## Drill # 8



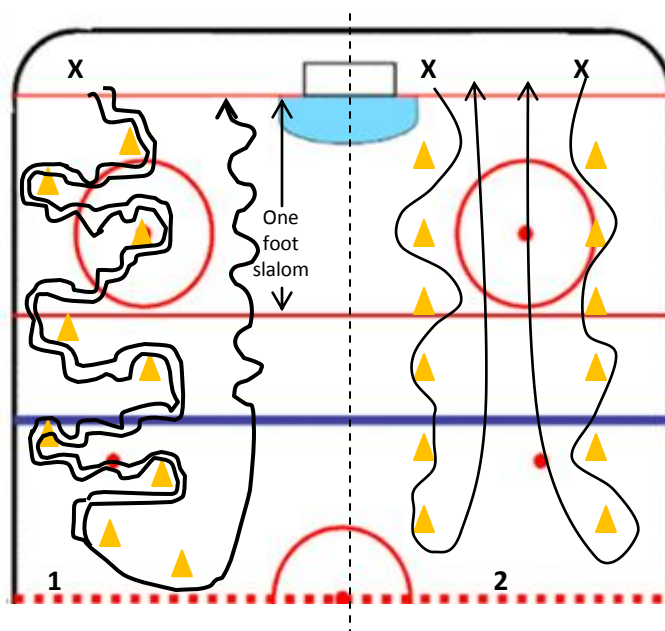
<b>Drill Name:</b>	Forward to Backwards Pivots			<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Players are to not slow into pivot, Bending knees to keep weight centered over skates</li> <li>• Pivot forwards to backwards details: Lead with your heels, Keep Low - do not straighten up; Do not stop, keep your speed up; Allowed one cross- then stride; stride with full extension</li> <li>• Pivot Backwards to Forwards: Keep low with deep knee bend-do not straighten up; Keep weight over insisted support leg; rotate upper body and hips before you turn your feet; turn your lead toe before you place it on the ice; once you turn, stride and accelerate out of your turn.</li> </ul>				<b>What do I need?</b>
<b>Goalkeepers:</b>	Involved in this drill				
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• If more than 10 players split into two Groups</li> <li>• 1st Group lines up on the line and second group lines up on the end boards behind the 1st Group</li> <li>• Players skate forward to free play line, pivot and skate backwards to blue line, pivot and skate forwards to center line, pivot and skate backwards to blue line, pivot and skate forwards to free play line, pivot and skate backwards to the other end goal line</li> <li>• Turn clockwise the first time down the ice and counter clockwise the second time through the drill.</li> </ul>				<b>TIPS</b>
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>	
November		December - January	Add Rings and Intensity		
<b>Skills Matrix</b>					
Skating Transitions Pivots	Skating Transitions Basic Pivot turn (front to back)&(back to front)				

# Drill # 9



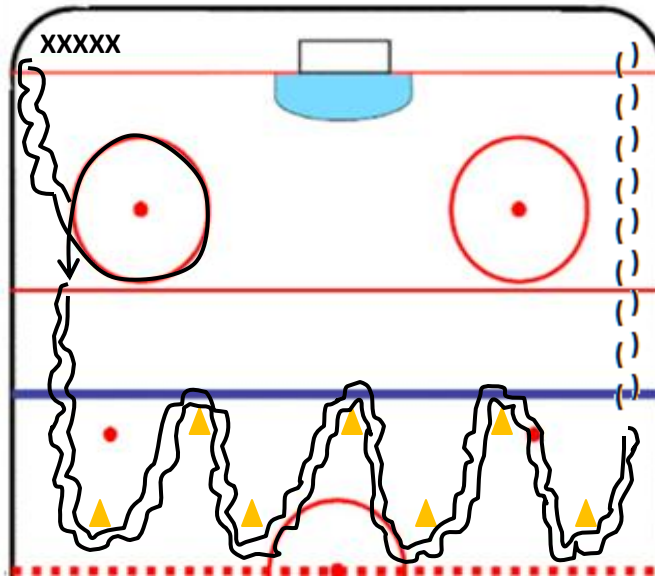
<b>Drill Name:</b>	Backwards Crossovers		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>			<b>What do I need?</b>	<ul style="list-style-type: none"> <li>• 2 pylons</li> </ul>	
<b>Players:</b> (see matrix)					
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Setup a Pylon on Blue line 10 ft from boards on both sides of ice</li> <li>• Line up in corner behind net</li> <li>• Starting backwards around circle, backwards skating to the blue line on outside of pylon, backward double sculling all the way across the ice to outside of second pylon</li> <li>• Backward skating around second circle then back into line.</li> </ul>			<b>TIPS</b>	
				<ul style="list-style-type: none"> <li>• Sitting low</li> <li>• Knees bent</li> <li>• Pushing on inside edges</li> </ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>	
November-February					
<b>Skills Matrix</b>					
Skating Backward Acceleration	Skating Backward Power Pushes	Skating Backward Double Sculling	Skating Backward V-Stop; Backward T-Stop		

## Drill # 10



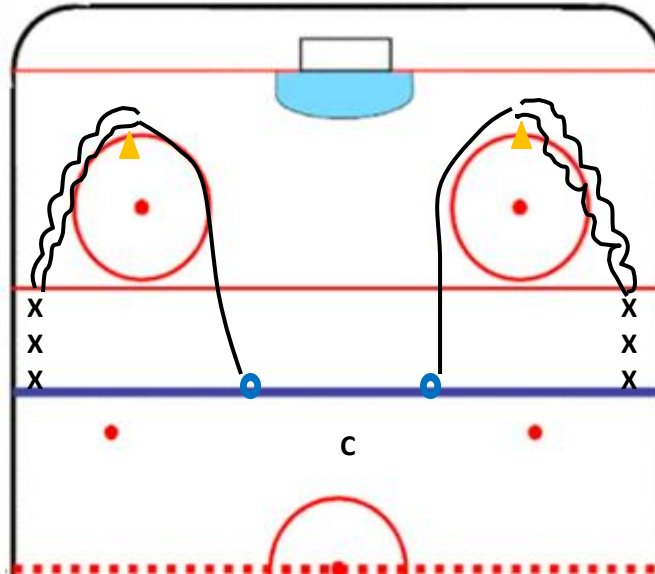
<b>Drill Name:</b>	Backwards Mix			<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>					<b>What do I need?</b>
<b>Players:</b> <ul style="list-style-type: none"> <li>Sitting low, knees bent, pushing on inside edges</li> <li>U16 level: Acquiring the Skills. May not be able to perform all the details of this drill well more time and wider turns may be needed possibly take away a set of pylons if all players are struggling.</li> <li>U19 level: Refining the Skill - All players should be able to run this drill at full speed.</li> </ul>					
<b>Goalkeepers:</b>					<b>TIPS</b>
Not involved in this drill					
<b>Drill Details:</b>					
<ul style="list-style-type: none"> <li>Two different drills on each side</li> <li>2 Groups</li> <li>Setup pylons as shown in diagram</li> <li>One group on left side of ice and second on other side</li> <li>Switch groups after they run through the course 3 times each</li> <li><b>Left side:</b> Line up in corner behind net, skating backwards do tight turns around slalom course, pivot at blue line to forward skating around pylon at centre line and at the blue line coming back pivot backwards onto one foot and one foot slalom back to the coal line</li> <li><b>Right side:</b> Divide this group into two and line up in line with the pylons as shown in diagram</li> <li>Players start backwards and skate backwards using the 2 foot slalom up through pylons and all the way back to the goal line.</li> </ul>					
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>	
December	Run at 3/4 speed to focus on technique	January-February	increase intensity		
<b>Skills Matrix</b>					
Skating Backward Sharp Turns	Skating Backward 2 foot Slalom	Skating 1 foot slalom			

# Drill # 11



<b>Drill Name:</b>	Backward Skating Course		<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>Players:</b> (see matrix)		<b>What do I need?</b> • 8 pylons	
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Start in Corner</li> <li>• Backwards around circle, then Backwards Slalom through pylons - 2 feet</li> <li>• Last pylon turn to forwards- at blue line pivot to backwards and glide on I skate back to goal line.</li> </ul>			<b>TIPS</b> <ul style="list-style-type: none"> <li>• Sitting low</li> <li>• Knees bent</li> <li>• Pushing on inside edges</li> </ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
November		December - January	Increase intensity, change 1 foot backward glide portion to 1 foot backward slalom	
<b>Skills Matrix</b>				
Skating Backward-1 Foot Glide	Skating Backward-2 foot Slalom	Skating Transitions Basic Pivot Turn (Front to back) & (Back to front)		

## Drill # 12



<b>Drill Name:</b>	Backward 2 Player Race	<b>Duration:</b>	10 minutes	
<b>What Skills are we developing?</b>	<b>What do I need?</b> • 2 rings			
<b>Players:</b> (see matrix)				
<b>Goalkeepers:</b> Not involved in this drill				
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• 2 teams</li> <li>• Teams line up on opposite sides of the ice between the free play line and the blue line facing the near end of the rink</li> <li>• Coach stands on the center line</li> <li>• 2 rings on the blue line near the center</li> <li>• First of each team go on whistle</li> <li>• Backward skating to the bottom of the circle then pivot and skate forward and race to one of the rings and take it to coach</li> <li>• 2nd player to the ring has to do 5 push-ups</li> <li>• Reset rings and run the next 2 players</li> <li>• Continue until all players have gone through</li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Sitting low</li> <li>• Knees bent</li> <li>• Pushing on inside edges</li> </ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
December		January-February	Increase speed and intensity	
<b>Skills Matrix</b>				
Skating Backward Acceleration	Skating Backward Stride	Skating Transitions Basic Pivot Turn (back to front)		