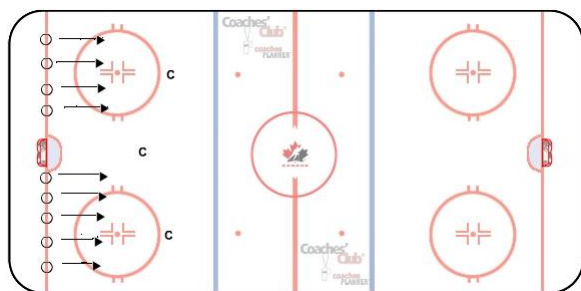


Scooting



Drill Overview

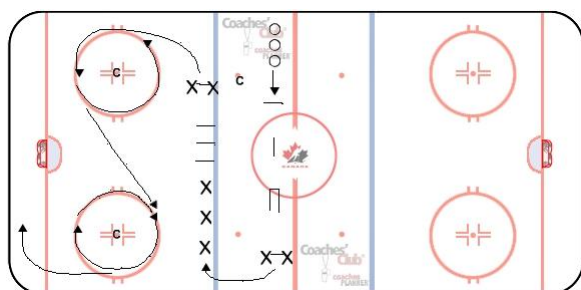
10 Minutes

- Review and demonstrate key points.

- Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Skate full distance pushing with 1 foot at a time.

- Repeat using other foot

Crossovers

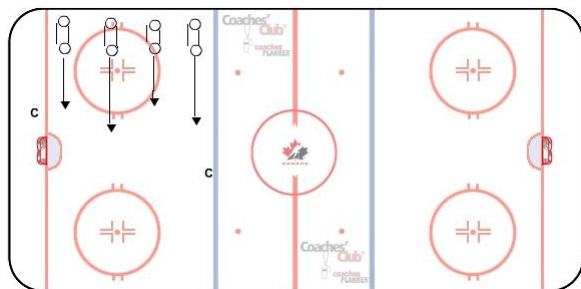


Drill Overview

5 min.

Arrange boards and pylons. Players start at obstacle course. Players step over 1st board, spread skates and two-foot glide at 2nd, close skates and glide on one foot between 3rd and slide under the bar, hand out, heads up. Players do crossovers around circle 1 (2.5 times) and then go to 2nd circle (2 times).

1 Foot Stop F



Drill Overview

10 min.

Horse and Buggy:

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Glider provides resistance by turning one foot and leaning on it. Puller must create power with long, low strides. Focus on glider's 1 foot stop. Glider can find appropriate level of resistance by varying weight placed on stopping foot. Glider can alternate feet on successive trips and to steer. Puller gets to improve posture, body angle, stride length and recovery.