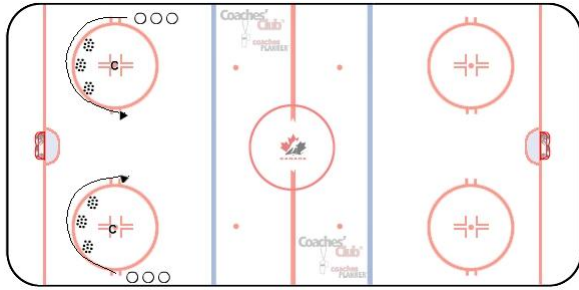


## Edge Control

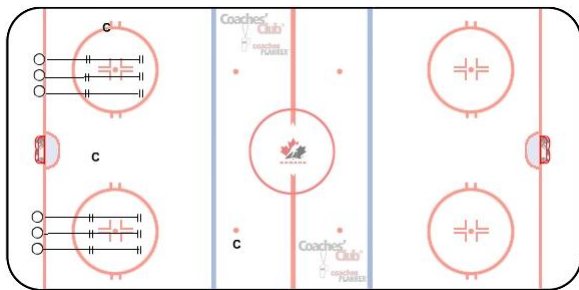


### Drill Overview

10 MINUTES

- Arrange pucks along bottom of face-off circle.
- Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side.
- return using the left skate but outside edge.
- Repeat using right skate.

## 1 Foot Stop D

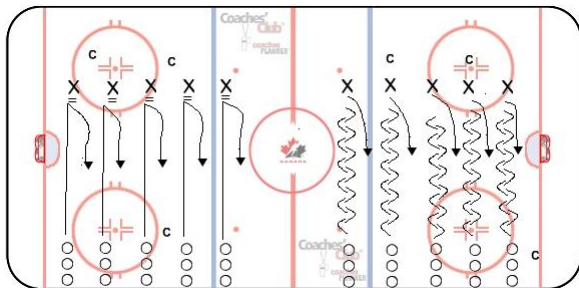


### Drill Overview

10 min.

1. Review and demonstrate key points.
2. Players line up on goal line. On signal they skate forward. On next signal player performs stop using right foot. Have players stop several times while crossing ice.
3. Return using left skate.
4. Play a game of green light (skate) -- yellow light (glide) -- red light (stop).

## Changing Directions: 2 Foot Stop and T-Push



### Drill Overview

5 min.

1. Review and demonstrate. Divide group into groups of 2-3 players. Place pylons 2/3 across ice for each group. On signal, 1st player executes front start and skates to pylon, executes two-foot stop (spray snow on pylon) and immediately uses T-push to start and return to group. Partner goes. Coaches supervise for proper technique -- when technique is achieved go to next step.
2. Run drill as relay. 1 coach supervises each pylon. Team that has most correct executions in 1 minute wins -- speed helps but proper technique is more important.
3. Same formation but players execute C-cut

backward start, skate backward across ice, perform  
1-foot backward stop start at pylons and  
immediately perform T-push start to return.