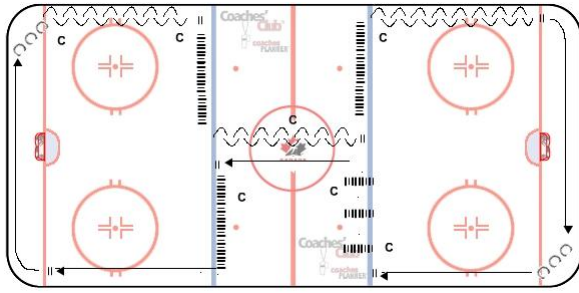


Agility Skate



Drill Overview

10 min.

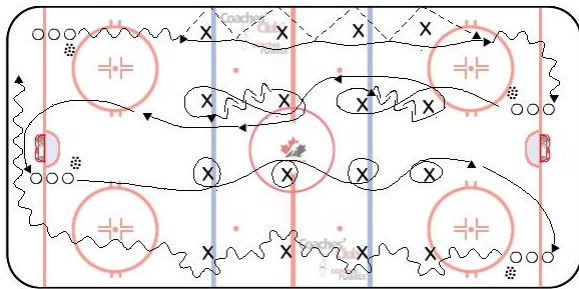
Divide players into two groups, in opposite corners, at opposite ends of the ice.

-Players follow course, alternating backwards skating, and lateral crossovers down one side and forward skating and lateral crossovers down the other. Ensure a 2-foot stop where indicated.

Key Execution Points

-Players go one right after another.

4 Lane Drill



Drill Overview

15 min.

Players are divided up into 4 groups, split evenly at each starting point.

Lane 1 - player carries puck, and at each pylon players perform a bank pass off the boards to themselves. Go to Lane 2 when done.

Lane 2 - player carries puck to 2nd pylon, does reverse pivot and skates backwards to first pylon, once around pylon, skates forward again to 4th pylon, and repeats reverse pivot, skates backwards to pylon 3. Go to Lane 3 when done.

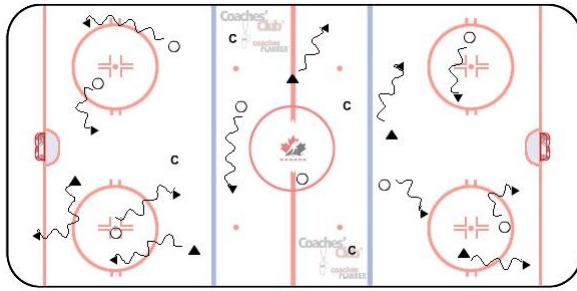
Lane 3 - player does 360s around each pylon, alternate directions at each pylon. Go to Lane 4 when done.

Lane 4 - player carries puck toward pylon, dekes out pylon with a different move every time. Go to Lane 1 when done.

Key Execution Points

-go through circuit 2-3 times.
-keep players moving.

Chaos



Drill Overview

5 min

-Players skate around the ice in any direction handling the puck

-Encourage players to try different stick handling moves

Key Execution Points

-Change directions

-Vary speeds

-Forwards / Backwards