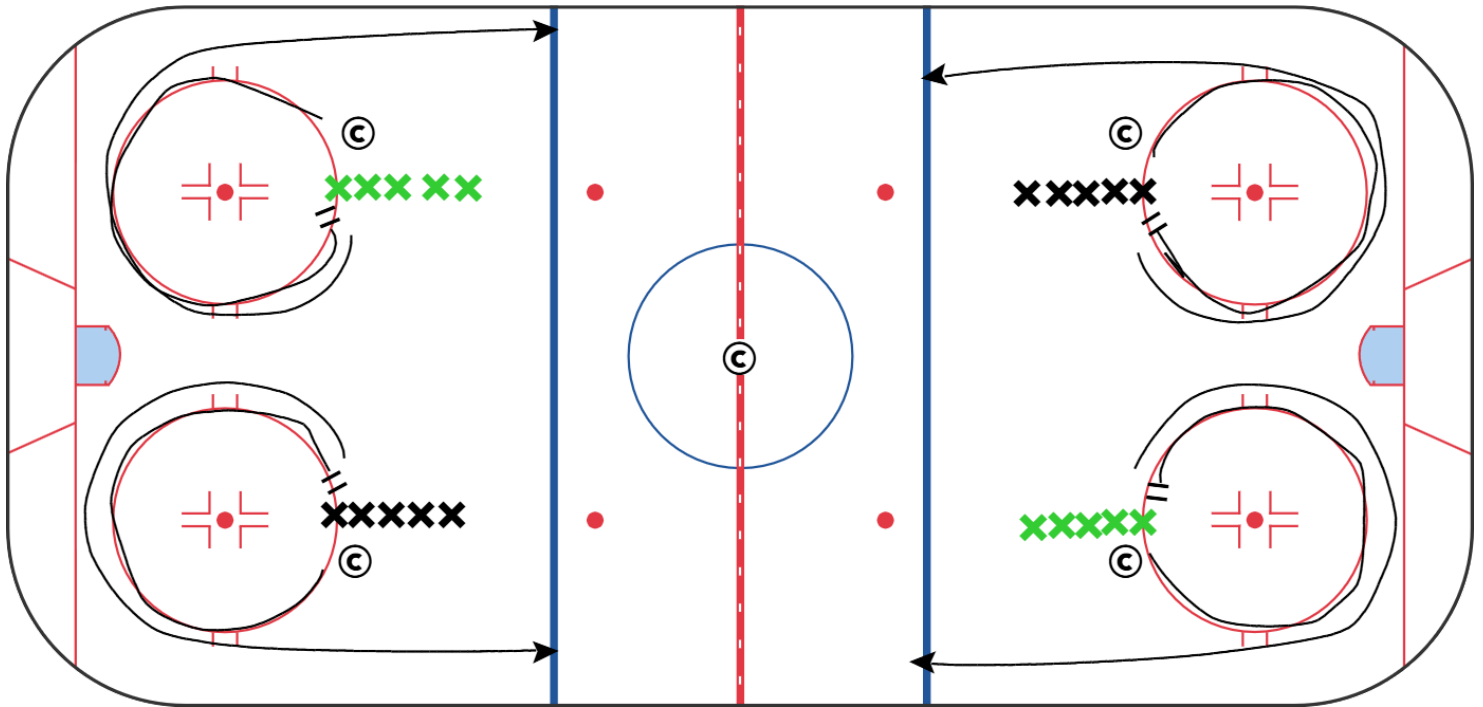




Circles (Skating)



Description

Drill 1: Circles (Skating - 10mins)

- Separate the group into four lines on top of each in-zone circle
- Make sure coaches are positioned where they can tell players to start without using a whistle
- Players skate around the circle by heading towards the boards first, stopping at the start of the line, and then skating back around the circle until they cross the blue line
- Rotate three times so each player skates at each station twice, once forwards and once backwards (friendly reminder - if a player can't skate backwards, that's fine, now you'll know where to rank them! But you can also tell them to skate forwards so they don't get embarrassed)
- Goalies can do this too

Key Points

What to Watch For

- Can the players perform efficient crossovers?
- Are they comfortable on their edges (inside foot, outside edge, outside foot, inside edge)?
- Are they maintaining basic control of their upper body?
- Straight-up speed - who's the fastest?