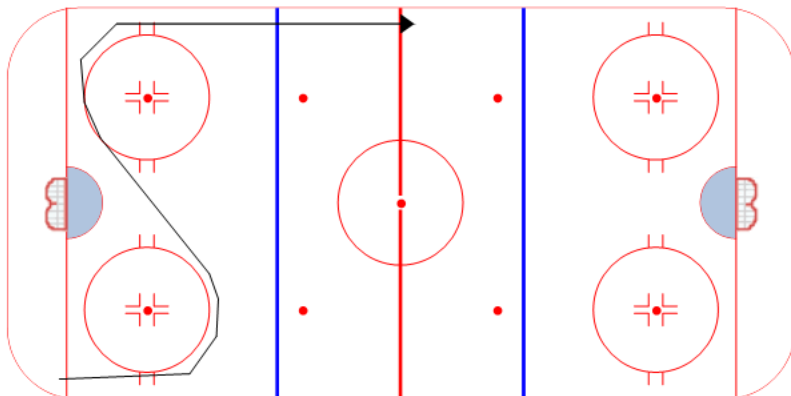


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Top, Bottom, Sprint Content elements: _____ Components : _____

Description

Quick start from goal line, quick feet around top of the near circle, quick feet around bottom of far circle, accelerate to top speed through red line.



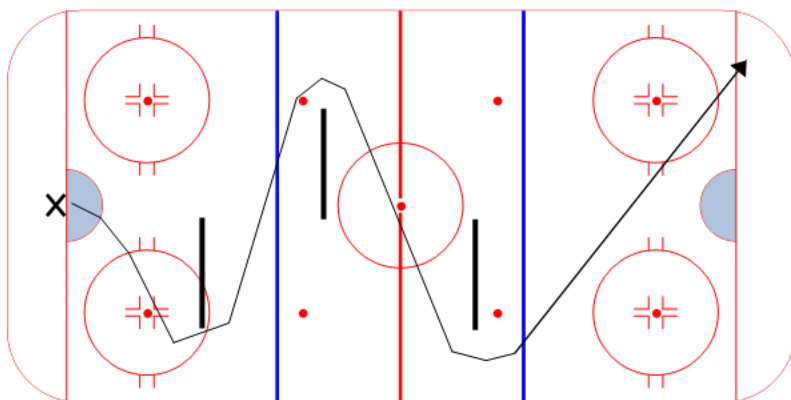
Key Points : Overspeed Cross-Overs Acceleration Quick Feet

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Lateral "S" Content elements: _____ Components : _____

Description

Player starts from crease area and skates wide around each rink divider. Player should keep feet moving the entire time and cross over out of each turn to re-accelerate. Focus on edge pushing and not sliding into turns.



Key Points : Overspeed Cross-Overs Acceleration Lateral Movement

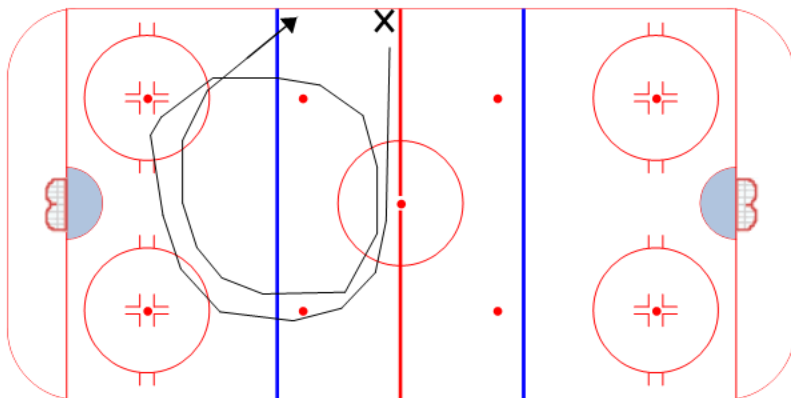
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Double Circle (Warmup) Content elements: _____ Components : _____

Description

Player leaves from the red line and skates two full circles into the end zone. Player should keep feet moving the entire drill.

Run two sides simultaneously.



Key Points : Cross-Overs Quick Feet Consistent Pushing Overspeed