

## CHAPTER 3

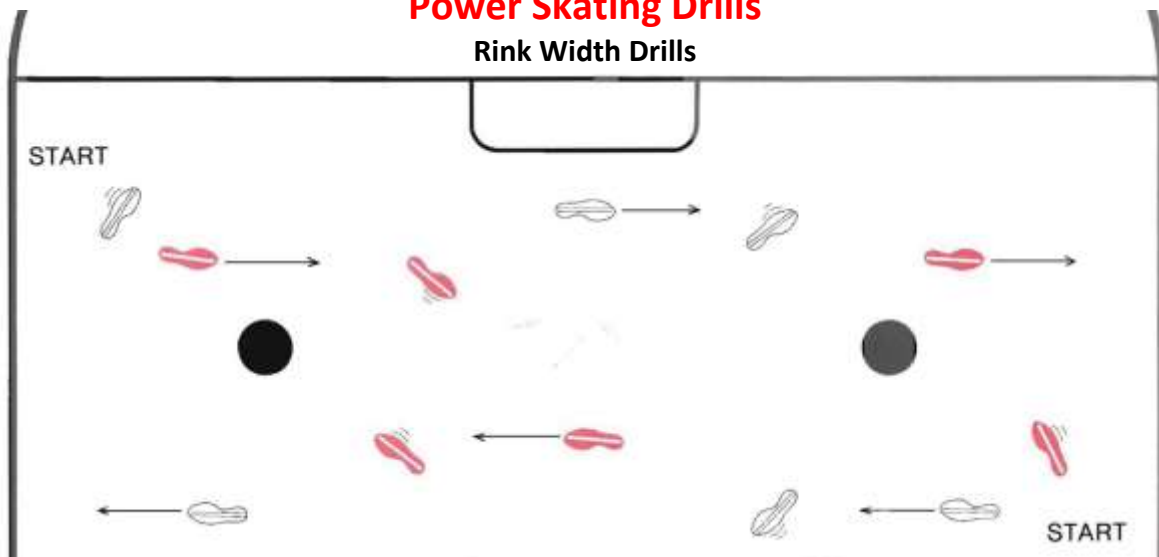
### POWER SKATING DRILLS



*These drills and maneuvers are designed to develop the basic skills from the previous chapter.*

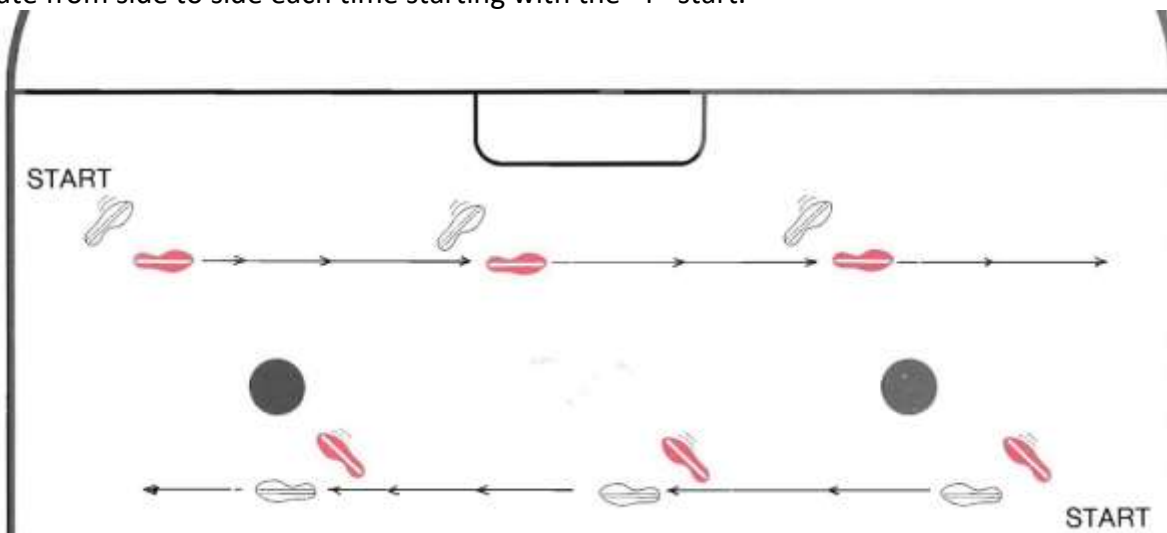
## Power Skating Drills

### Rink Width Drills



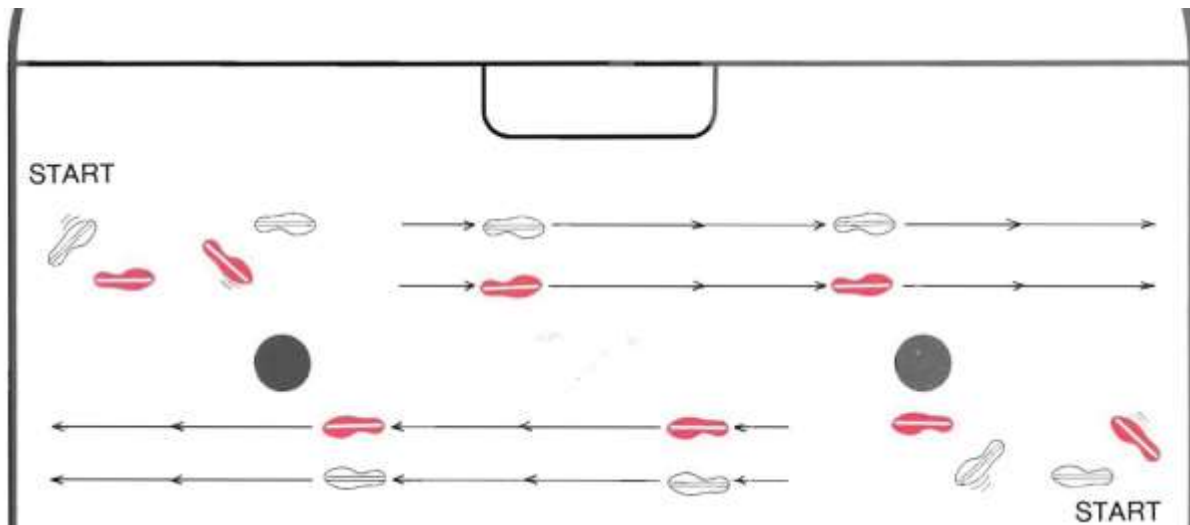
#### 1. "T" Start

Teach this drill starting from the left skate and the right skate alternately. To get the skaters to start with the right and left skate, teach the start from the sideboard always facing the same way. On this drill, if the sideboard is on the skater's right side have the skater kick with the right skate first and if on the left sideboard kick with the left skate. On the whistle have the skaters skate from side to side each time starting with the "T" start.



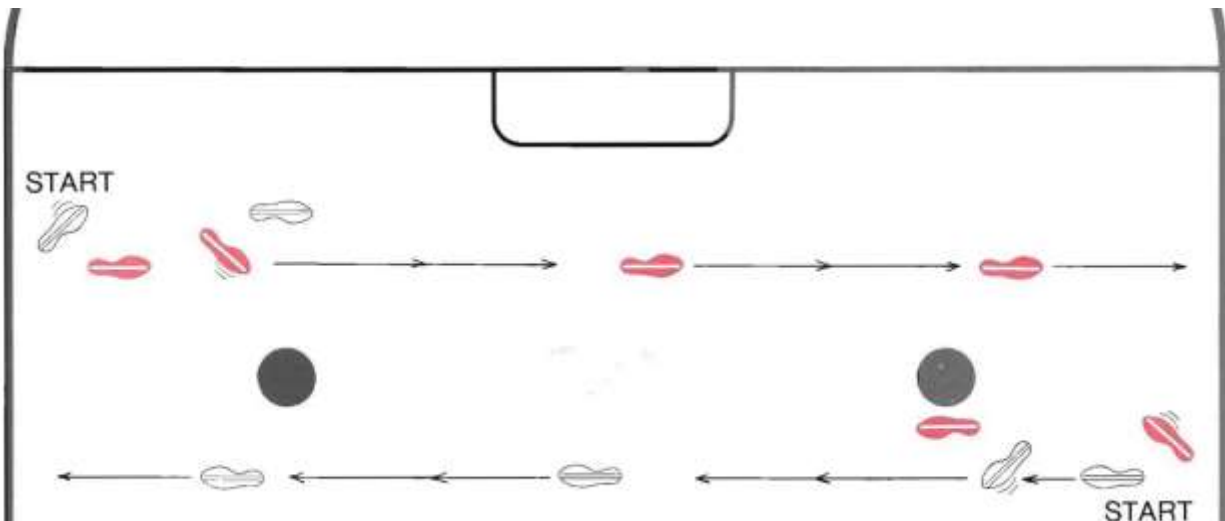
#### 2. Push-Offs with Full Inside Edge Starts

In order for a skater to be able to get maximum speed they must be able to skate across the width of the rink both ways with one skate hard on the ice while kicking with the other skate. Start the skaters with a "T" start but rather than the right-left kick have the skaters kick with the right skate only all the way to the opposite sideboard. From the left side, have them kicking with the left skate only back to the starting sideboard.



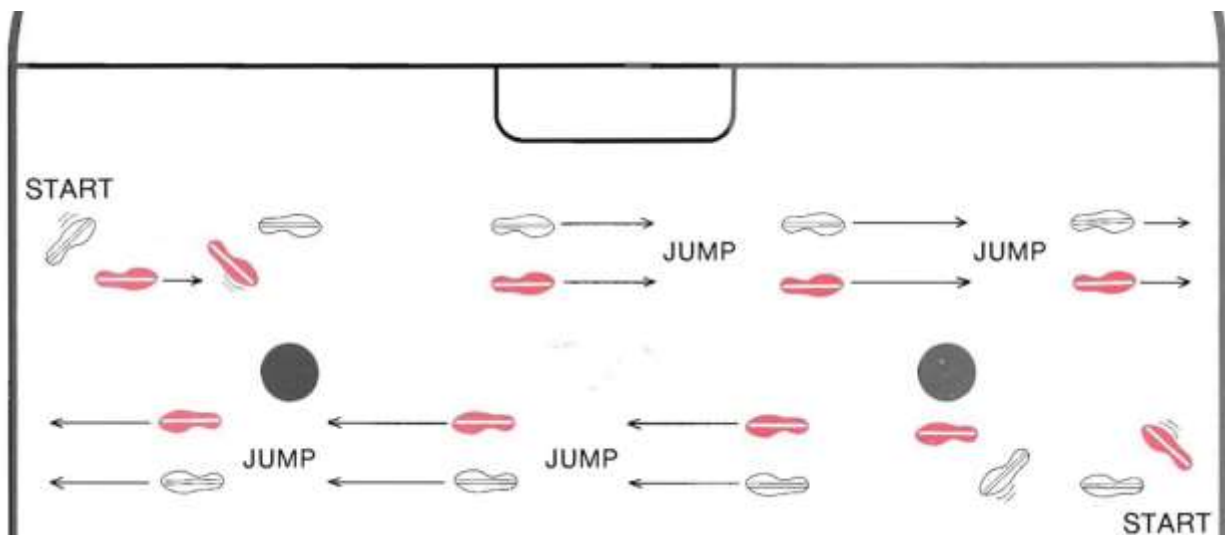
### 3. Sitting Position

Skate halfway across the rink, bend the knees, go down in a sitting position with the back straight and glide the rest of the way on the flat of both skates, both ways. With a “T” start, skate out with the right skate on the first whistle about halfway across the rink. On the second whistle have the skaters go down into a sitting position and glide the rest of the way to the opposite side board. With a “T” start have them skate out with left skate on the first whistle about halfway across the rink. On the second whistle have the skater go down into a sitting position and glide the rest of the way.



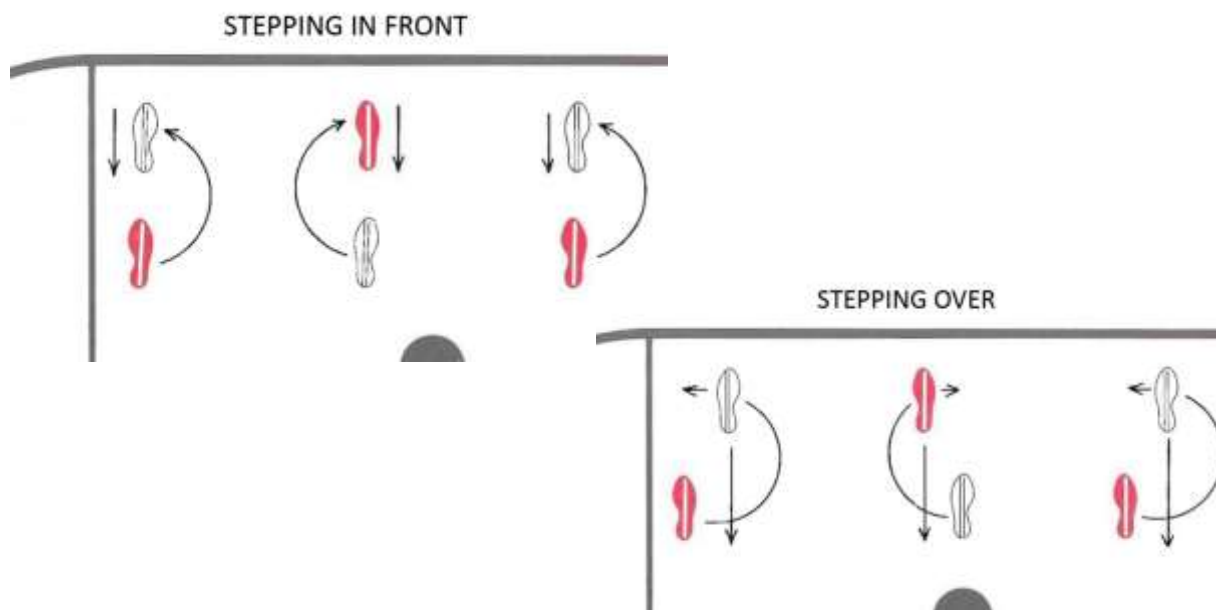
### 4. One Foot Glide

With a “T” start, skate out raising one foot off the ice while gliding on the other. This is to be done with the right and the left foot. On the first whistle, have the skaters start out with a “T” start from the right foot. On the second whistle have them raise the right skate off the ice and glide the rest of the way to the opposite side board, on the left skate. When starting from the left “T” start, have them skate out on the second whistle and glide to the starting side board on the right skate.



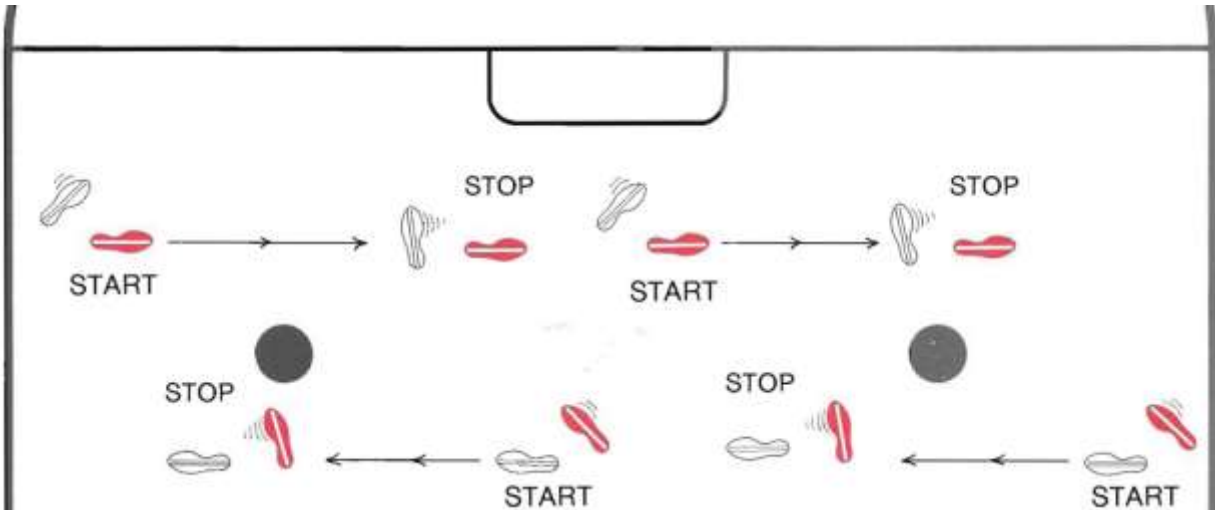
### 5. Two-Footed Jump

This drill requires both feet off the ice at the same time. Do not lean forward or backwards but remain perfectly upright. The skaters skate out on the first whistle and then jump at each consecutive whistle at least five times to the opposite side board. Then have the skaters do this drill back to the starting sideboard.



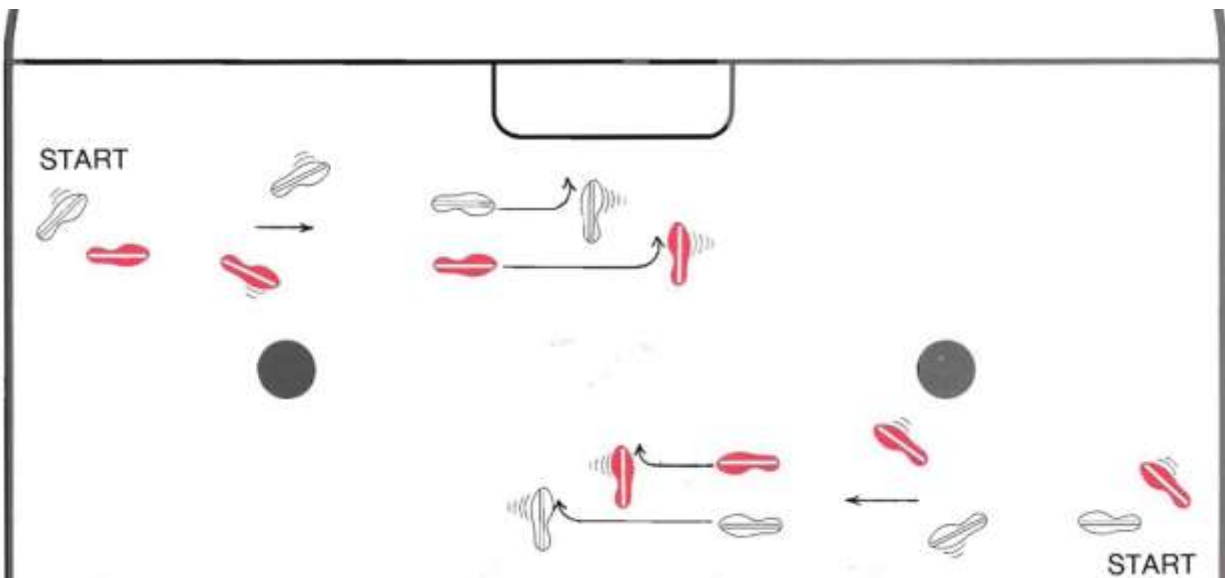
### 6. Sideboard Stepping Drill

With both hands on the boards have the skaters continuously alternate placing one skate ahead of the other, and skates should be lined up with each other. Have them let go with one hand, then both hands, to see if they can do it without holding on. The same exercise can be done for stepping over, making sure to land on the outside edges.



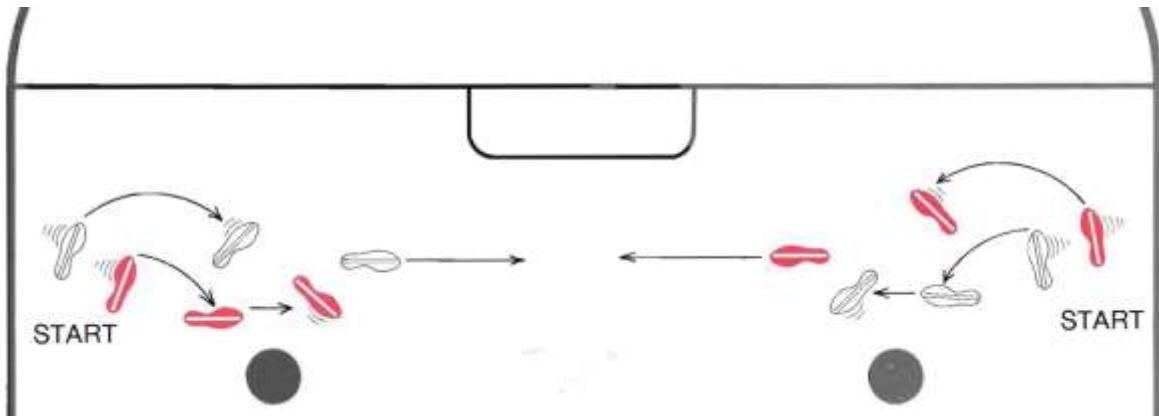
### 7. "T" Stop on the Outside Edge

Start in the "T" position and stay in that position to do the stop. Kick with the right inside edge and glide on the left flat in the direction that you wish to travel. Without changing the position of the right skate place it down behind the left skate on the outside edge. When starting from the left sideboard, kick with the left skate and stop with the left outside edge.



### 8. Fast Hockey Stops

To do this drill have the skaters line up at the right sideboard. Have them skate out on the first whistle as fast as they can. On the second whistle they do a full stop using the right outside edge and left inside edge. On the next whistle they skate out again for the opposite sideboard. They stop again on the next whistle. Only about four start-stops can be done for one width of the rink. When returning to the starting side board, make sure that all the skaters are facing the same direction as they had been on the first crossing of the rink. This precaution will force them to stop using their left outside edge and right inside edge.

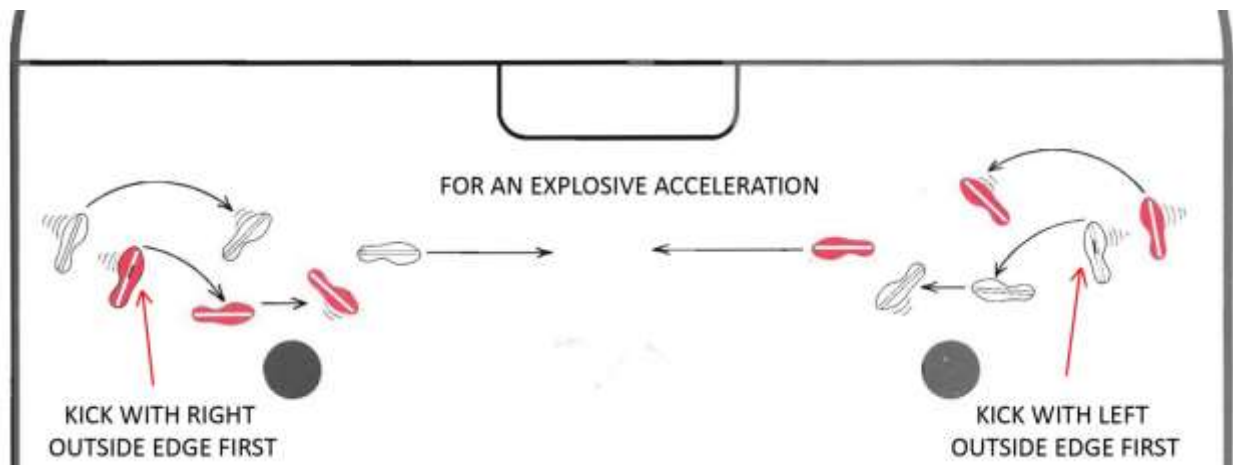


### 9. Face Off Dot to Face Off Dot Hockey Stops

Have the skaters skate out from the right sideboard. At the far face off dot have them stop, pivoting to the left keeping their weight equal on both skates. After the full hockey stop, have the skaters raise their left skate off the ice and step in front of the right skate at the same time as they kick hard with the left skate heading the way they came from.

For the stop to the right, have them raise the right skate off the ice and step in front of the left skate, kicking with the right skate heading in the way they came from. Continue back and forth for approximately 5 minutes.

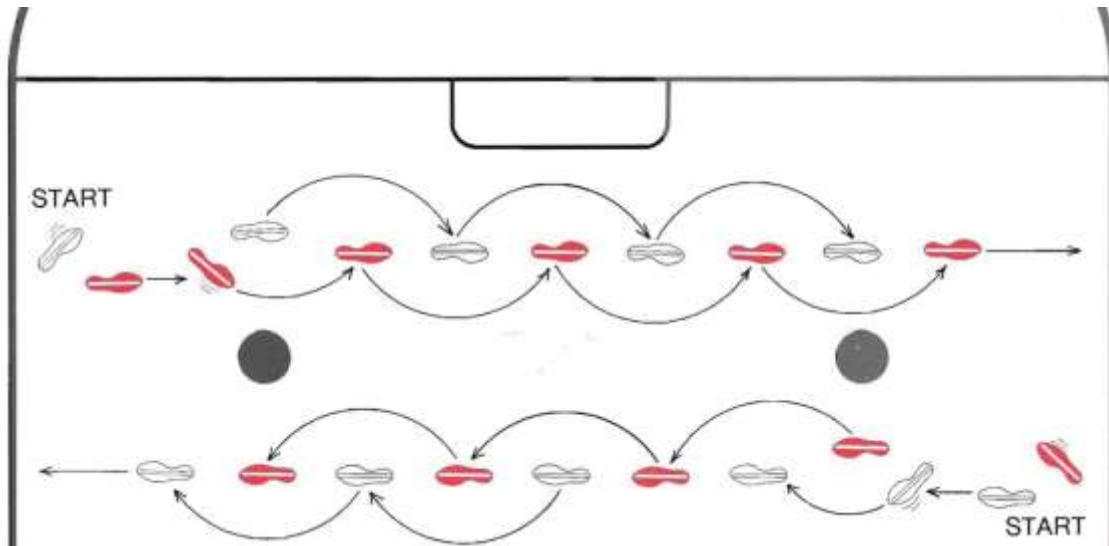
*NOTE: Each time the skater must come to a full stop before they step over their skate and then turn their body to the way they came from.*



### 10. Explosive Acceleration from a Full Stop

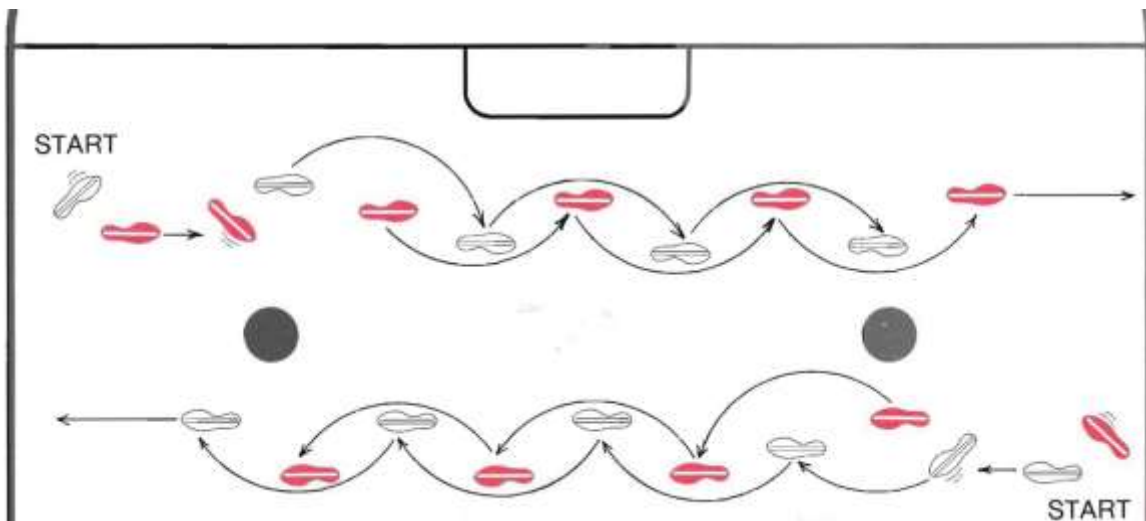
For an explosive acceleration the skaters must come to a full stop to the left with their weight on both skates. After the full hockey stop, the skaters will kick hard with the right outside edge first and then turn toward the direction they came from and kick with the left inside edge, then right inside edge. In about three hard strides the skaters should be at full speed.

From the stop to the right, the skaters will kick hard with the left outside edge first and turn toward the direction they came from and kick with the right inside edge, then left inside edge to get to full speed in about three strides.



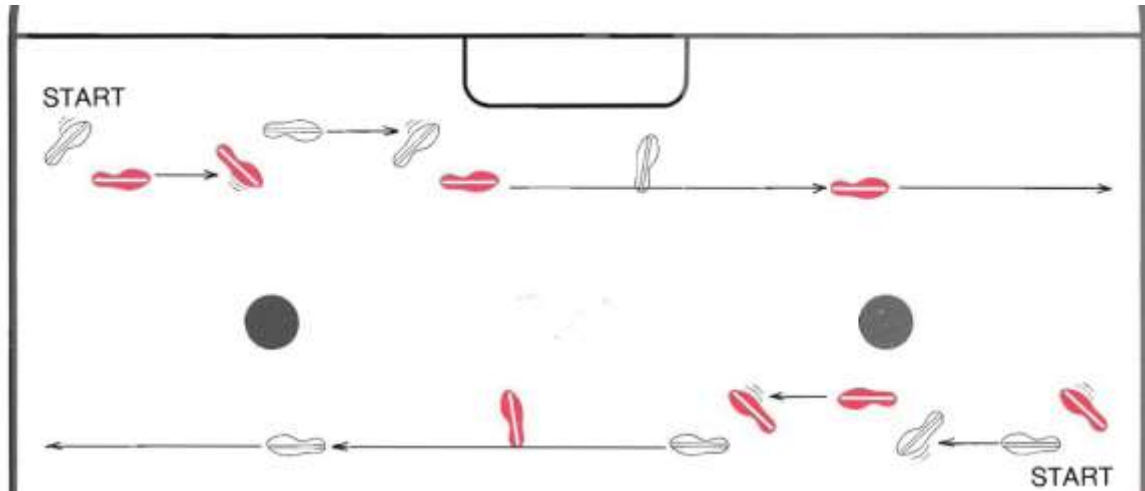
**10. Step In Front of Your Skate**

Have the skaters skate out on the first whistle. On the second whistle have them step in front of their own skate, pointing their toes straight ahead, skating slowly at first then as fast as they can.



**11. Step Over Your Skate and Land on the Outside Edge**

With a "T" start have the skaters skate out on the first whistle from the right sideboard. On the second whistle have the skaters step over their skates and land on the outside edge of each blade. If the toes are not pointing straight forward the skater will trip themselves. From the left sideboard have the skaters skate forward doing the same drill from the "T" start.

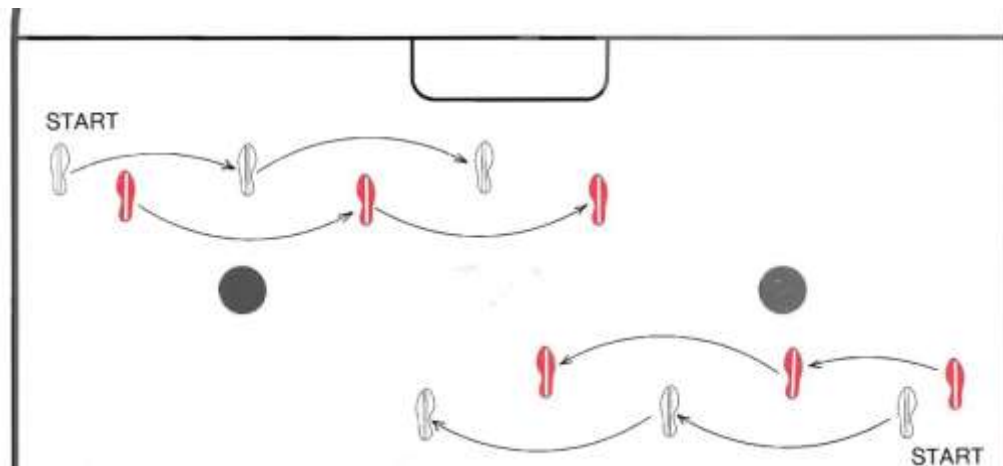


#### 48. Stretching Exercise

Skate out from the right sideboard on the first whistle. On the second whistle go down as far as you can by bending your left knee and at the same time reach out forward as far as possible with the left hand. Allow the right skate to slide on the side of the boot behind the left skate for balance. When skating from the left sideboard, go down as far as you can by bending the right knee and at the same time reach out forward as far as possible with the right hand, and allowing the left skate to slide on the side of the boot for balance.

#### 49. Alternating Stretching Exercise

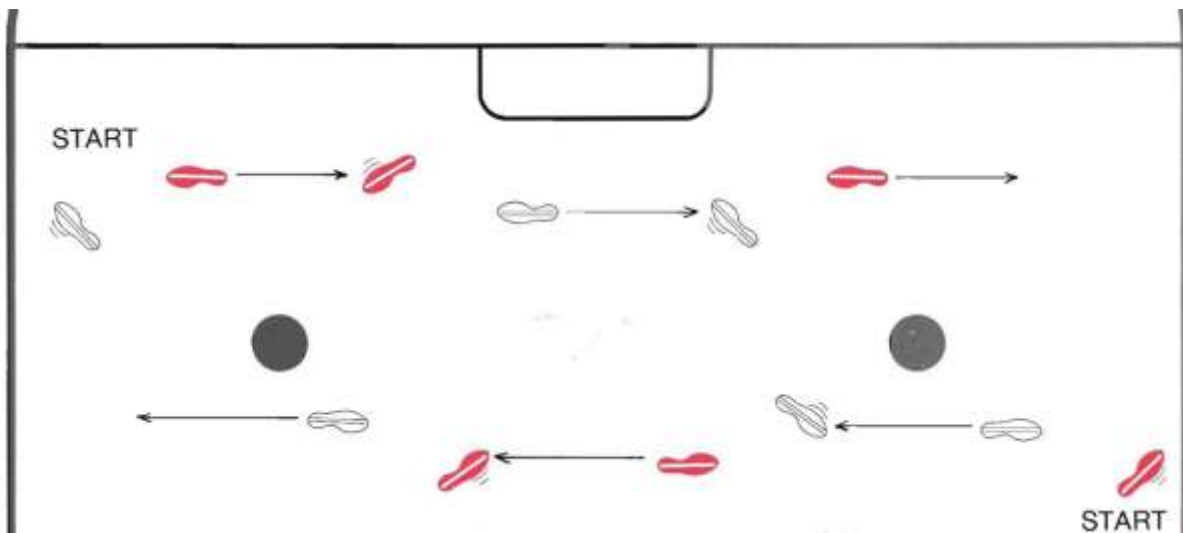
Next have the skaters skate out on the first whistle, then on each whistle following, alternate going down and up on the right and left, approximately three times across the ice in each direction.



#### 50. Sideways Walking/Sidewalk

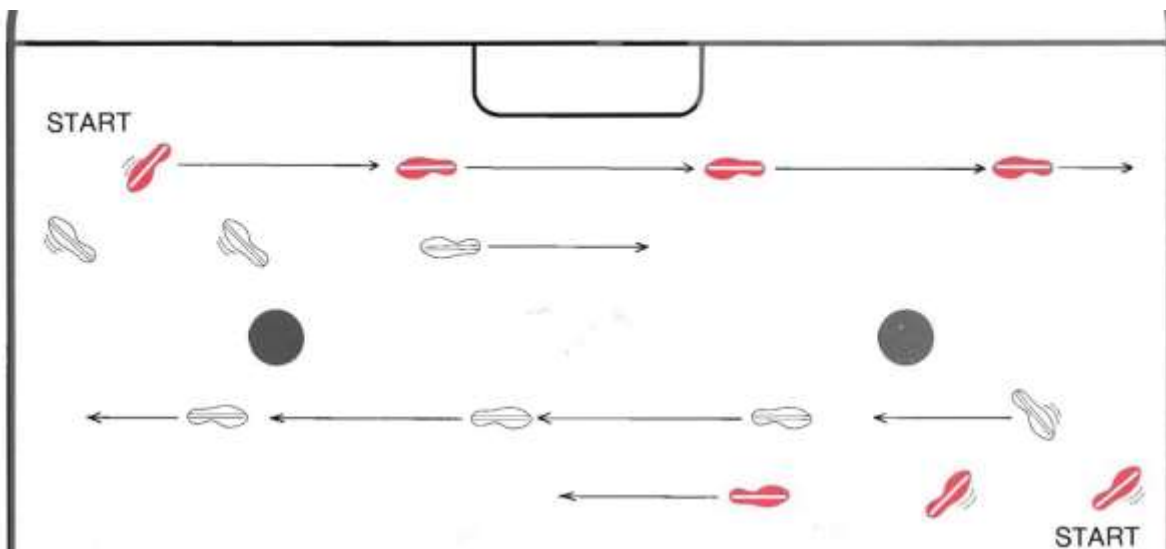
Have the skaters line up facing the endboard with both toes pointing in that direction. On the whistle have them start walking sideways to the other side without gliding on their skates. When starting from the right sideboard have them step over the left skate with their right. When starting from the left sideboard have them step over their right skate with their left.  
*NOTE: When the skaters step over, both outside edges must be in contact with the ice.*





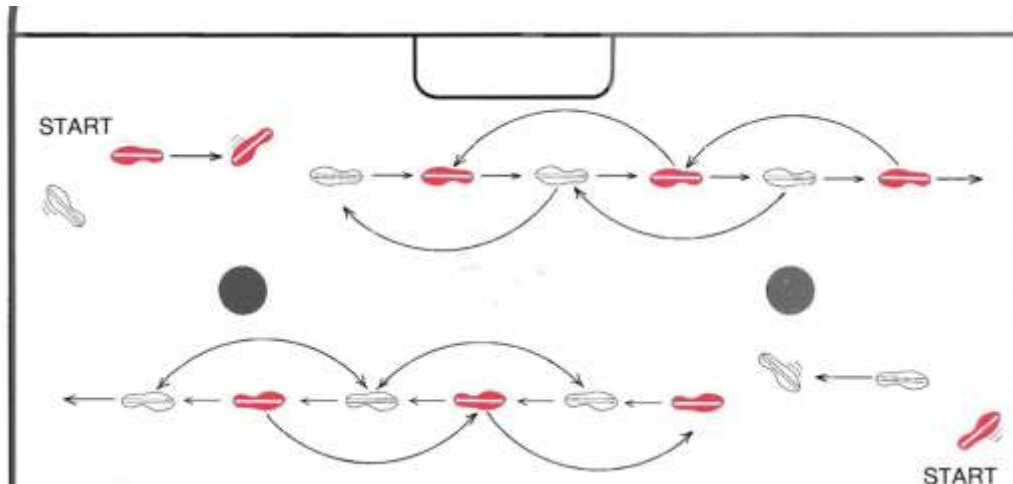
### 51. Skating Backwards

When skating out from the right sideboard, have the skaters kick with the right inside edge first. Full body weight must be transferred onto the left gliding foot to ensure long strides. Then at the time the kick comes off the left foot, all the body weight is transferred to the right skate. Starting from the left sideboard, have the skaters kick with the left inside edge first. This left kick, right glide, then right kick, left glide is continued across the width of the rink.



### 52. One Foot Backward Balance

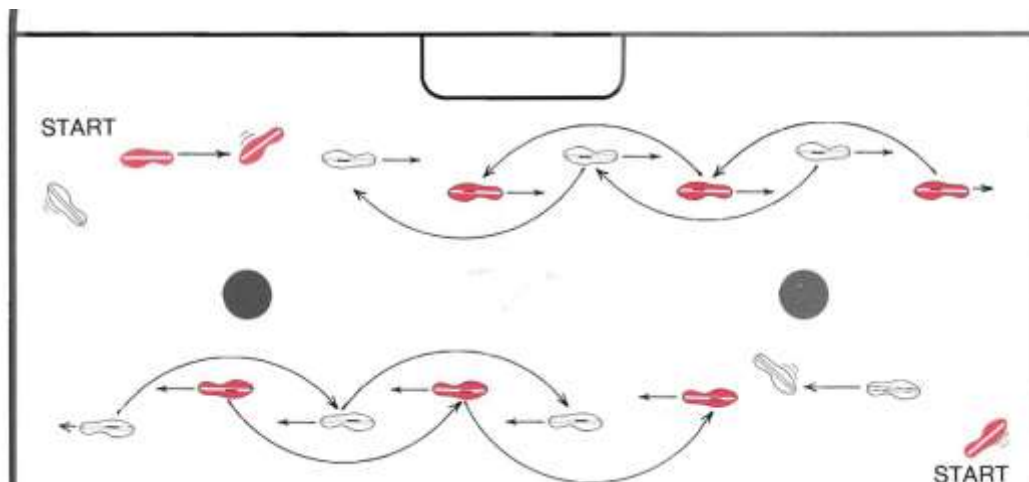
As in the Skating Backwards drill have the skaters start out from the right sideboard kicking with the right inside edge on the first whistle. On the second whistle have them raise the right skate off the ice and glide on the left skate to the opposite side. To start from the left sideboard have the skaters kick with their left inside edge on the first whistle. Then on the second whistle have them raise their left skate off the ice and glide on the right skate. Full body weight must be transferred to the gliding skate to be able to retain their balance.



### 53. Step in Front of Your Skate Backward

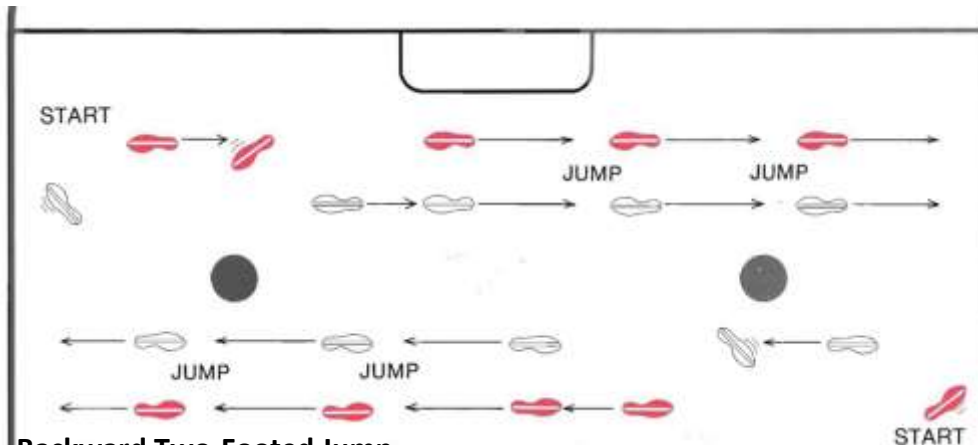
At the first whistle the skaters skate out backwards from the right sideboard pushing off with the right inside edge. On the second whistle have the skaters step in front of their skates as if they are walking on a line. Make sure that the toes are pointing straight ahead and that they land on the flat of their skates. From the left sideboard, have the skaters skate backwards, pushing off with the left inside edge, on the first whistle and on the second whistle have them step in front of their skate as if they are walking on a line.

**NOTE: REMEMBER you are moving backwards but stepping in front of your skate the same as you would forward.**



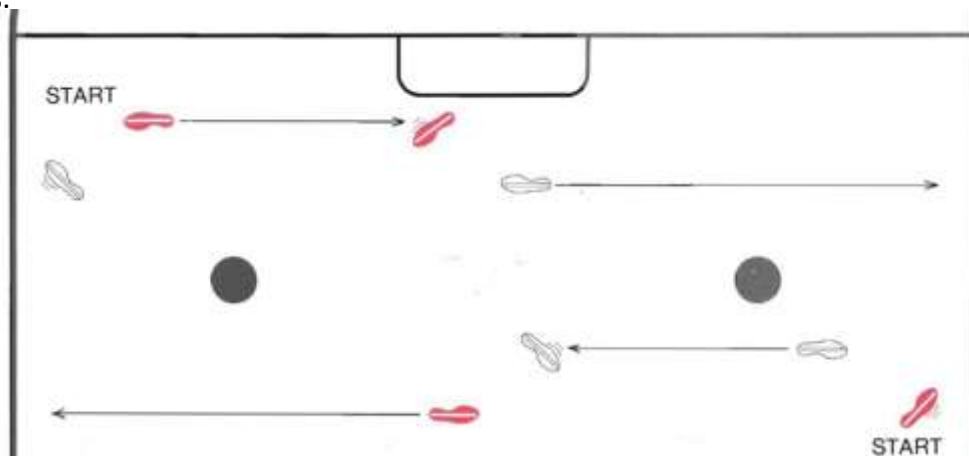
### 54. Landing on Outside Edges Backward

At the first whistle the skaters skate out backward from the right sideboard pushing off with the right inside edge. On the second whistle have the skaters alternately place one foot in front and over the other while gliding backward. During this maneuver make sure the skaters step well over their gliding foot and land on the outside edge of each skate. Keep repeating the rest of the way across the ice. From the left side board, have the skaters skate backwards, pushing off with the left inside edge, have the skaters skate backward on the first whistle and on the second whistle have them alternately step over again the rest of the way across the ice.



### 55. Backward Two-Footed Jump

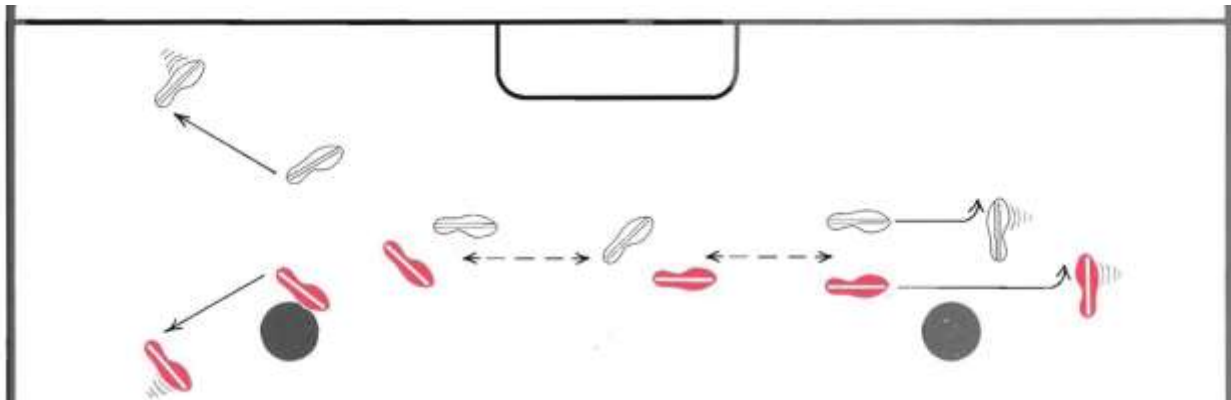
Starting from the right sideboard have the skaters skate out backwards, pushing off with the right inside edge on the first whistle. Then each time the whistle is blown have the skaters do a two-footed jump backwards for at least five jumps. Starting from the left sideboard have the skaters skate out backwards on the first whistle, pushing off with the left inside edge. Then each time the whistle is blown have the skaters do a two-footed jump backwards for at least five jumps.



### 56. Backward Stroking Balance Drill

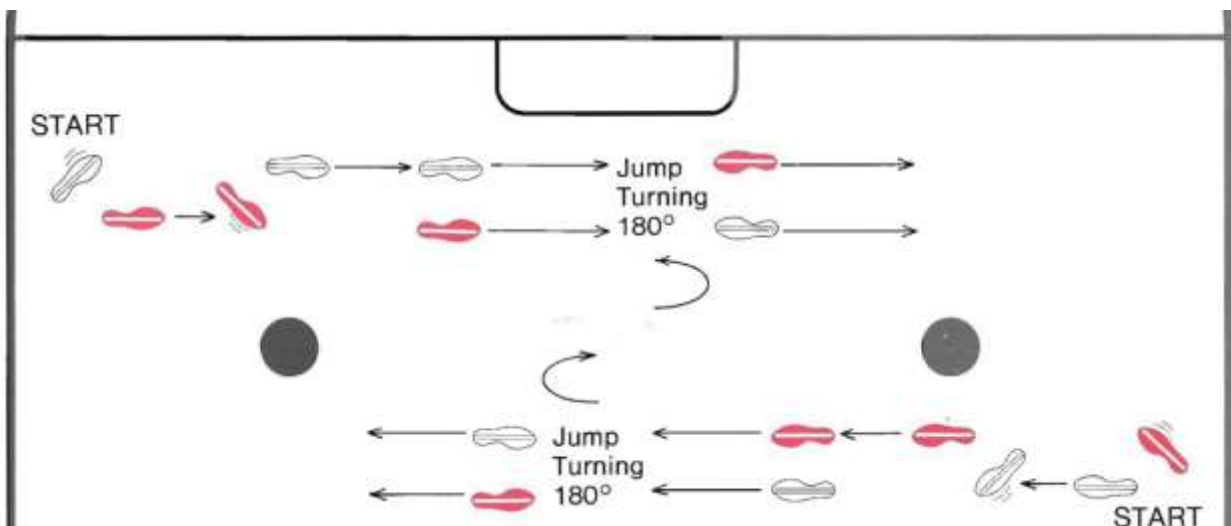
At the right sideboard have the skaters face the endboard with both skates. Next have them turn their left heel toward the left sideboard. Then have the skaters push off with their right inside edge toward their front and side and immediately hold the right skate off the ice gliding on the flat of the left skate. Glide for a few feet in a straight line. Then in one motion, as the skaters push with their left inside edge toward their front and side, they immediately hold the left skate off the ice, at the same time the skaters place their right skate on the ice directly under their body and quickly transfer all their weight to the right skate. Continue for four strokes or two strokes of each skate in order to cross the whole width of the ice. From the left sideboard have the skaters start with both skates facing the endboard and turn their right heel toward the right sideboard. Have the skaters push off with their left inside edge, gliding on the flat of the right skate and continue for four or two strokes of each skate to cross the width of the ice.

*NOTE: For the transfer, both skates should not be in contact with the ice at the same time.*



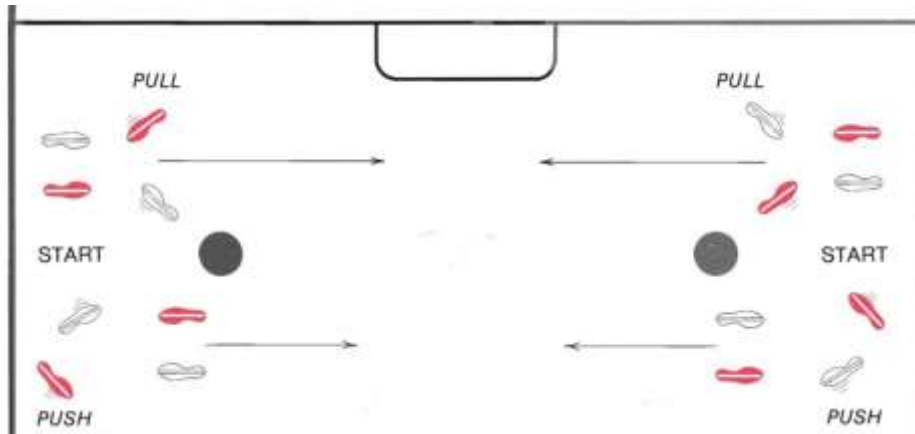
### 57. Reverse Snow Plow and Hockey Stop Drill

Have the skaters skate out backward from the right sideboard on the first whistle. On the second whistle, have the skaters stop using a reverse snow plow, then skate forward toward the right sideboard. On the next whistle, the skaters come to a full hockey stop facing the front endboard then immediately skate backwards toward the left sideboard. Continue back and forth for at least a minute. From the left sideboard the skaters skate out backwards on the first whistle. On the second whistle the skaters do a reverse snowplow then skate forward toward the left sideboard. On the next whistle, the skaters come to a full hockey stop facing the front endboard then immediately skate backwards. Continue back and forth for at least one minute.  
*NOTE: This drill should only be attempted by our Badge 4 and up.*



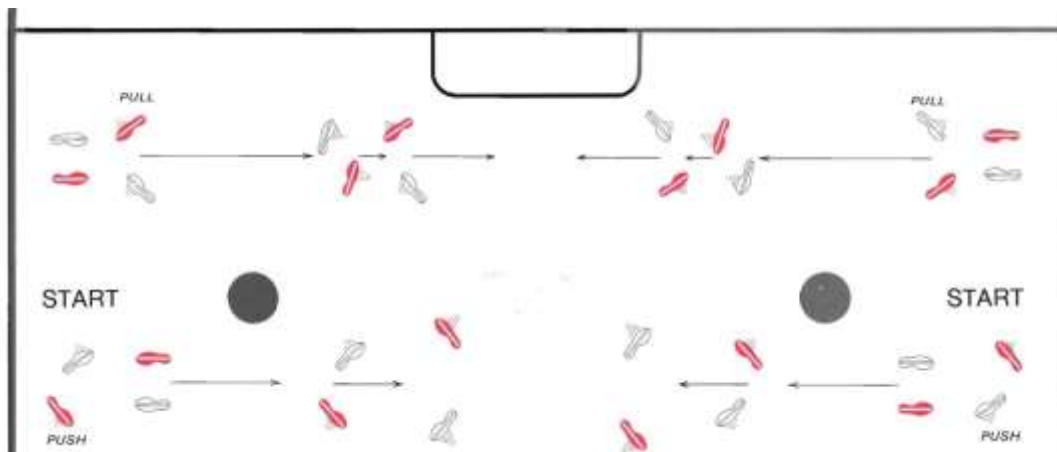
### 58. Jump Turn From Forward To Backwards

On the first whistle have the skaters skate out forward from the right sideboard. On the second whistle have them do a jump with both skates off the ice, turning 180 degrees and landing on both skates backwards. Have the skaters skate the rest of the way to the boards backwards. From the left sideboard, have the skaters skate out forward on the first whistle. On the second whistle have them do a 180 degree jump landing on both skates backwards and skate the rest of the way to the boards backwards. To make sure they can turn to the left and right have the skaters turn towards the front endboard from both sideboards.  
*NOTE: Make sure the skaters jump straight up without leaning and land on both toes.*

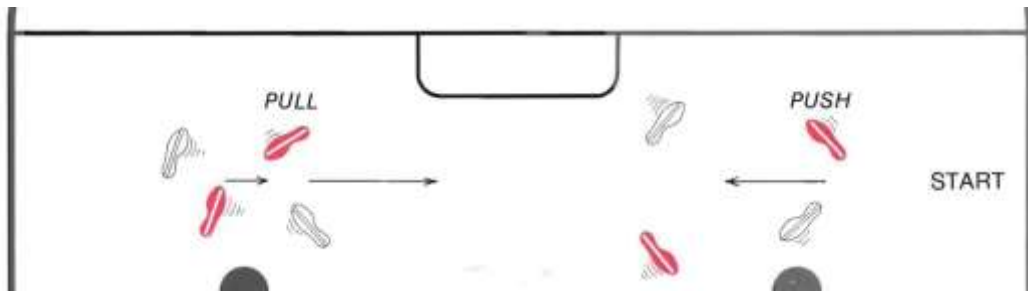


### 59. Push Pull Exercise

**Phase One:** Have the skaters get in pairs (try to match them by height). Line them up one skater with his back to the sideboard, the other facing that partner. Have them hold each other's shoulders. On the whistle, the partner with his back to the sideboard will skate out and push their partner to the opposite side of the rink. When they reach the sideboard they will stop and on the whistle, the partner that was pushed will push their partner to the opposite side of the rink. Next on the whistle, the partner facing the boards will pull their partner to the opposite side of the rink. When they reach the sideboard they will stop and on the whistle, the partner that was pulled will pull their partner to the opposite side of the rink.



**Phase Two:** For the next phase of the exercise, on the first whistle the partner with their back to the sideboard will skate out pushing their partner. On the second whistle, the partner being pushed will create resistance by doing a reverse snowplow, not stopping their partner but making them work as hard as possible. At the opposite sideboard the partner that was pushed will do the pushing and their partner will create resistance with the reverse snowplow. Next on the first whistle, the partner facing the boards will pull their partner out backwards. On the second whistle, the one being pulled will create resistance using a half hockey stop, not stopping their partner but making them work as hard as possible. At the opposite sideboard the partner that was pulled will do the pulling and their partner will create resistance with the half hockey stop.



**Phase Three:** For the final phase of the drill, have both partners skate out together with their hands on each other's shoulders. The partner with their back to the sideboard, skates forward and the partner facing the boards, skates backwards. On the whistle both partners stop and head back to the starting sideboard, the partner skating forward does a hockey stop and begins skating backward. The partner skating backwards does a reverse snowplow, and begins skating forward. On the next whistle, both partners stop and head to the opposite sideboard, the partner skating forward does a hockey stop and begins skating backward. The partner skating backwards does a reverse snowplow, and begins skating forward. This drill should be done at least three times in each direction.

