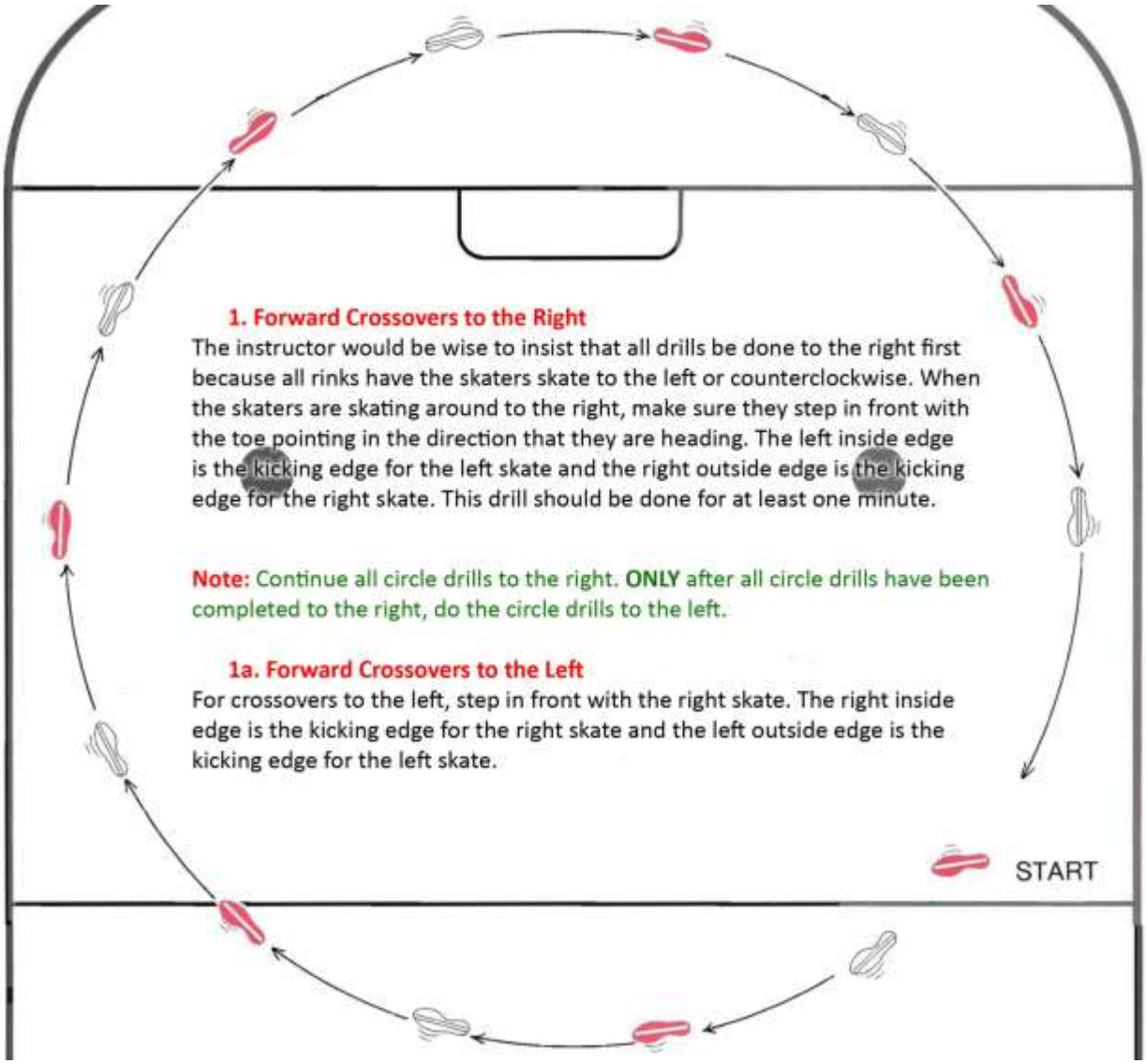


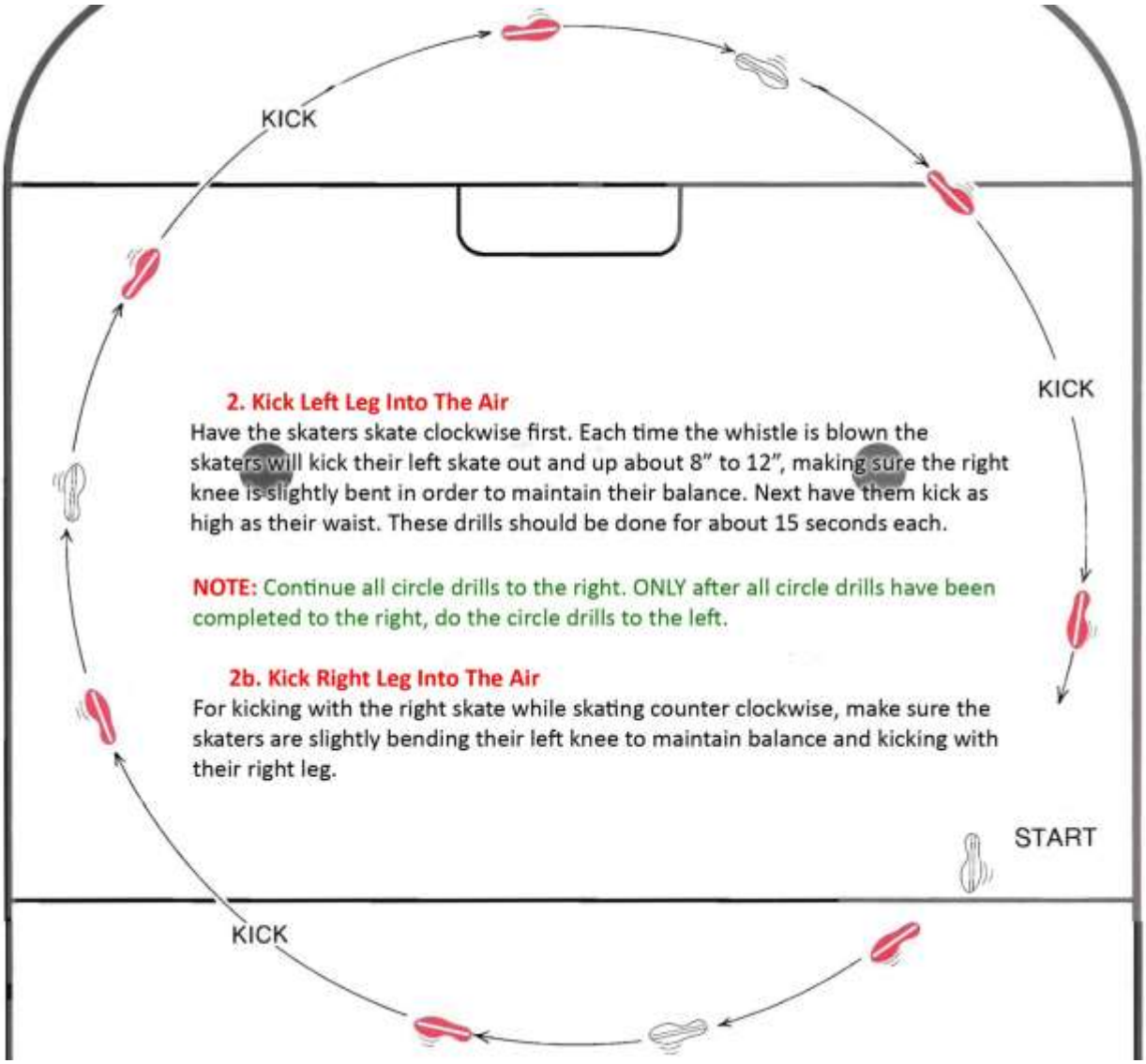
1. Forward Crossovers to the Right

The instructor would be wise to insist that all drills be done to the right first because all rinks have the skaters skate to the left or counterclockwise. When the skaters are skating around to the right, make sure they step in front with the toe pointing in the direction that they are heading. The left inside edge is the kicking edge for the left skate and the right outside edge is the kicking edge for the right skate. This drill should be done for at least one minute.

Note: Continue all circle drills to the right. **ONLY** after all circle drills have been completed to the right, do the circle drills to the left.

1a. Forward Crossovers to the Left

For crossovers to the left, step in front with the right skate. The right inside edge is the kicking edge for the right skate and the left outside edge is the kicking edge for the left skate.



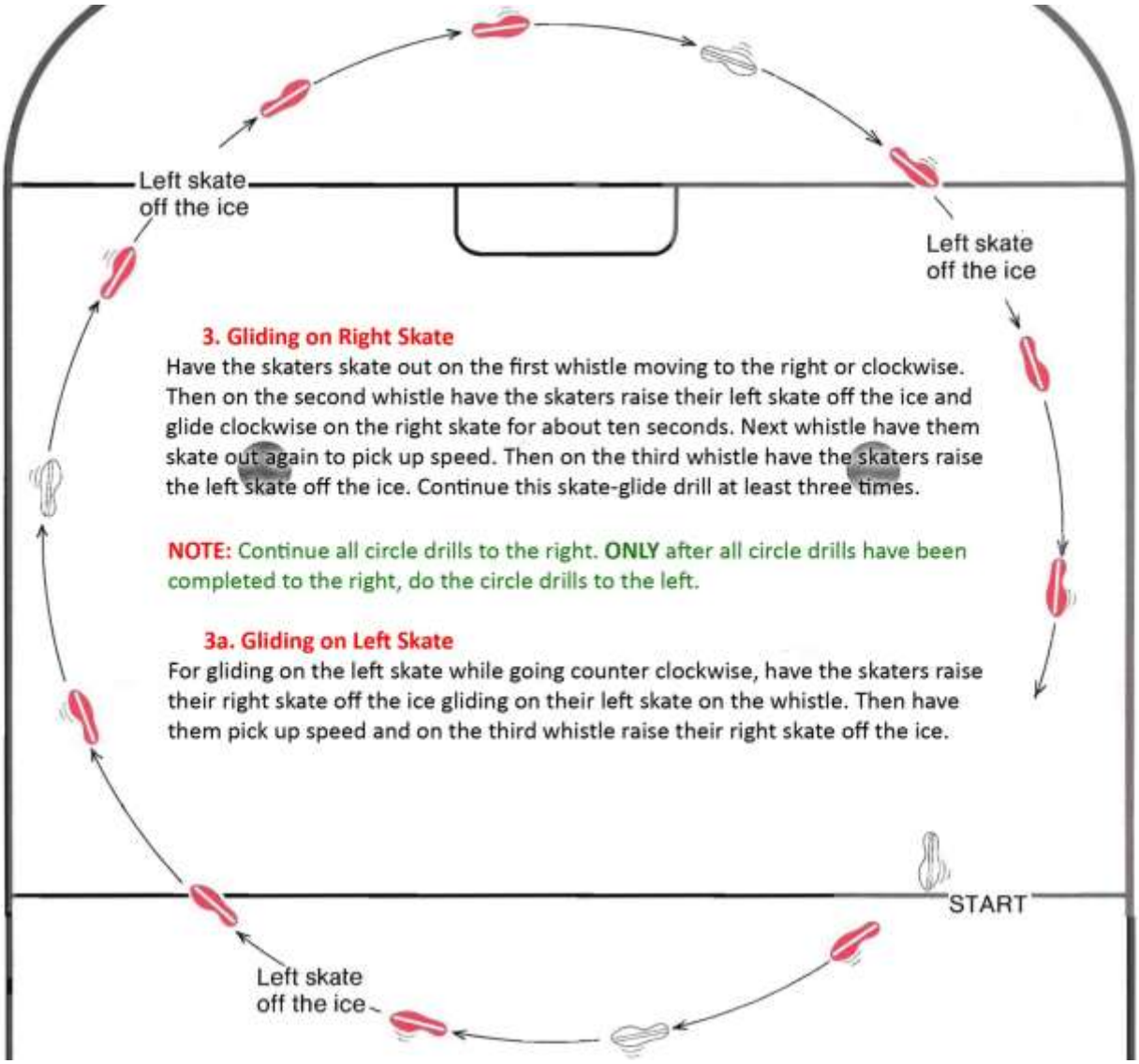
2. Kick Left Leg Into The Air

Have the skaters skate clockwise first. Each time the whistle is blown the skaters will kick their left skate out and up about 8" to 12", making sure the right knee is slightly bent in order to maintain their balance. Next have them kick as high as their waist. These drills should be done for about 15 seconds each.

NOTE: Continue all circle drills to the right. ONLY after all circle drills have been completed to the right, do the circle drills to the left.

2b. Kick Right Leg Into The Air

For kicking with the right skate while skating counter clockwise, make sure the skaters are slightly bending their left knee to maintain balance and kicking with their right leg.



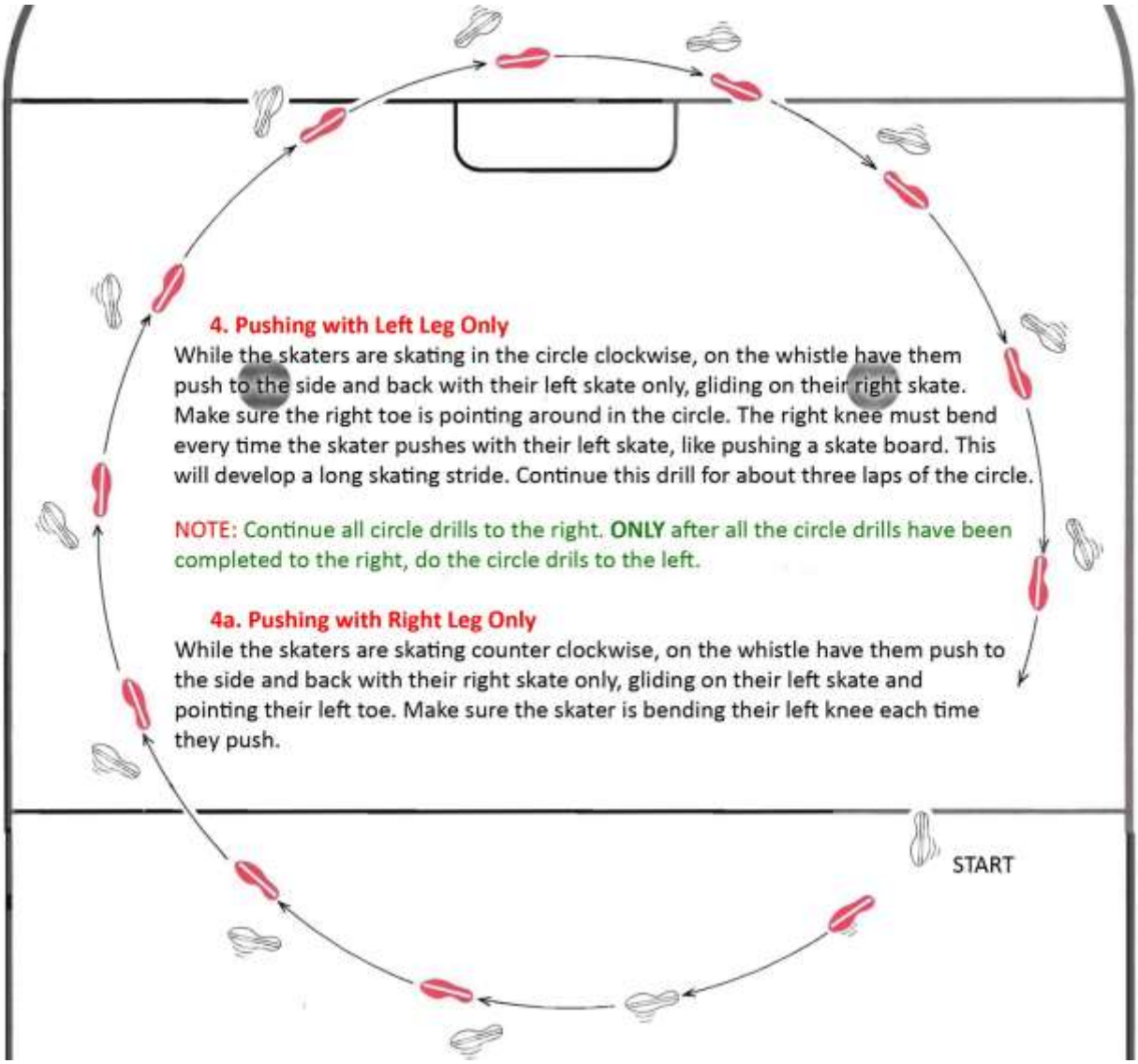
3. Gliding on Right Skate

Have the skaters skate out on the first whistle moving to the right or clockwise. Then on the second whistle have the skaters raise their left skate off the ice and glide clockwise on the right skate for about ten seconds. Next whistle have them skate out again to pick up speed. Then on the third whistle have the skaters raise the left skate off the ice. Continue this skate-glide drill at least three times.

NOTE: Continue all circle drills to the right. **ONLY** after all circle drills have been completed to the right, do the circle drills to the left.

3a. Gliding on Left Skate

For gliding on the left skate while going counter clockwise, have the skaters raise their right skate off the ice gliding on their left skate on the whistle. Then have them pick up speed and on the third whistle raise their right skate off the ice.



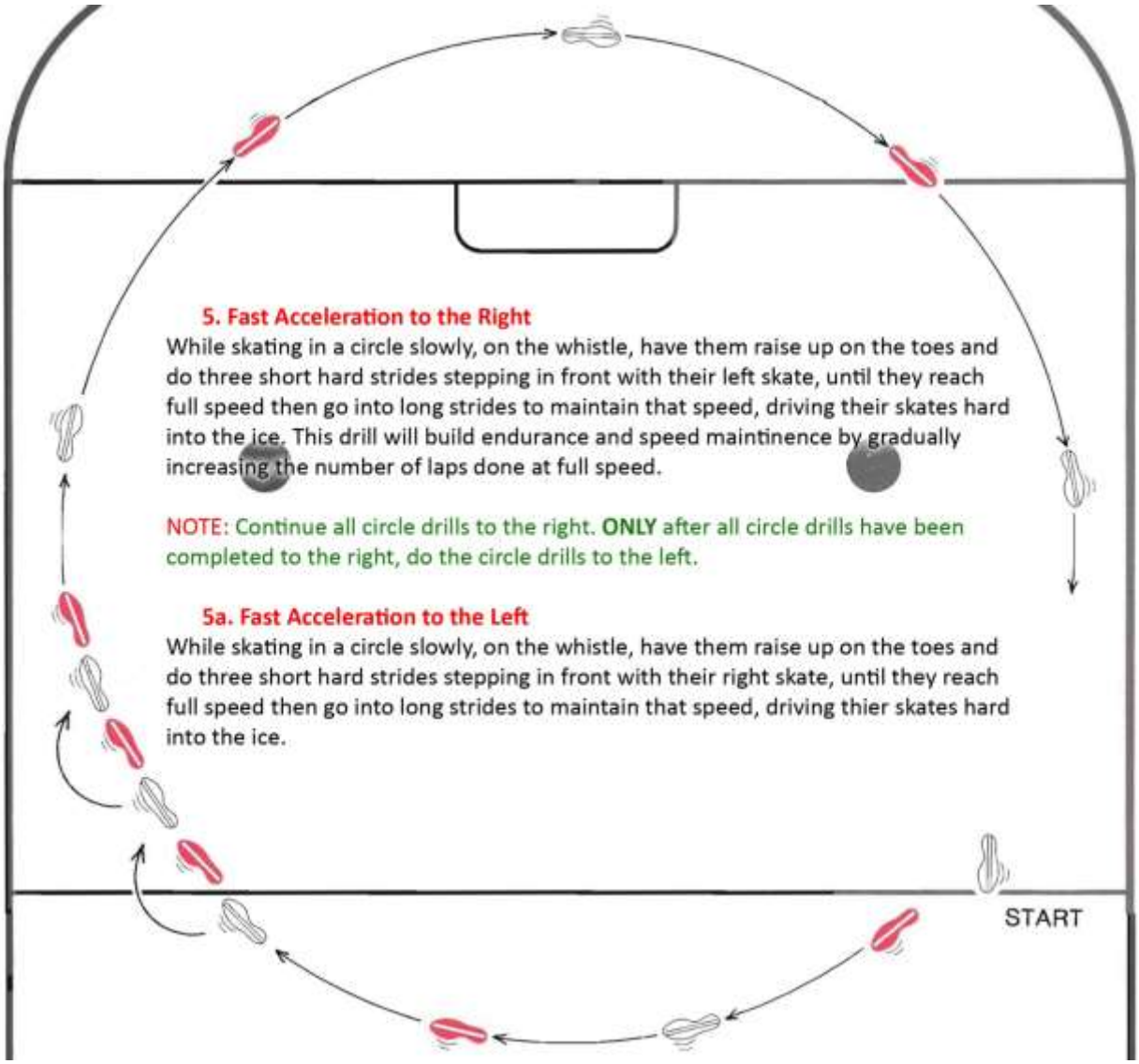
4. Pushing with Left Leg Only

While the skaters are skating in the circle clockwise, on the whistle have them push to the side and back with their left skate only, gliding on their right skate. Make sure the right toe is pointing around in the circle. The right knee must bend every time the skater pushes with their left skate, like pushing a skate board. This will develop a long skating stride. Continue this drill for about three laps of the circle.

NOTE: Continue all circle drills to the right. **ONLY** after all the circle drills have been completed to the right, do the circle drils to the left.

4a. Pushing with Right Leg Only

While the skaters are skating counter clockwise, on the whistle have them push to the side and back with their right skate only, gliding on their left skate and pointing their left toe. Make sure the skater is bending their left knee each time they push.



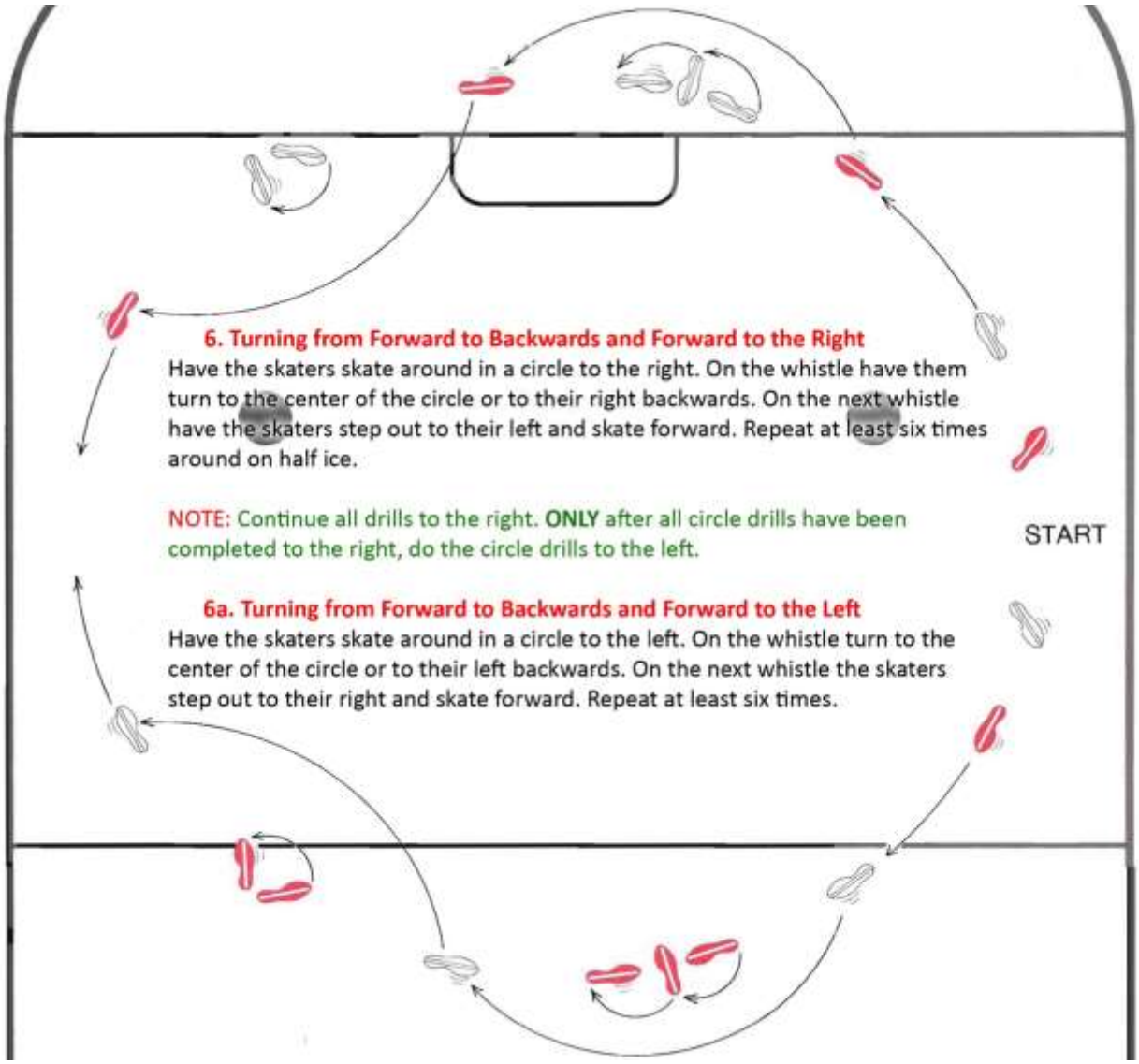
5. Fast Acceleration to the Right

While skating in a circle slowly, on the whistle, have them raise up on the toes and do three short hard strides stepping in front with their left skate, until they reach full speed then go into long strides to maintain that speed, driving their skates hard into the ice. This drill will build endurance and speed maintinence by gradually increasing the number of laps done at full speed.

NOTE: Continue all circle drills to the right. **ONLY** after all circle drills have been completed to the right, do the circle drills to the left.

5a. Fast Acceleration to the Left

While skating in a circle slowly, on the whistle, have them raise up on the toes and do three short hard strides stepping in front with their right skate, until they reach full speed then go into long strides to maintain that speed, driving thier skates hard into the ice.



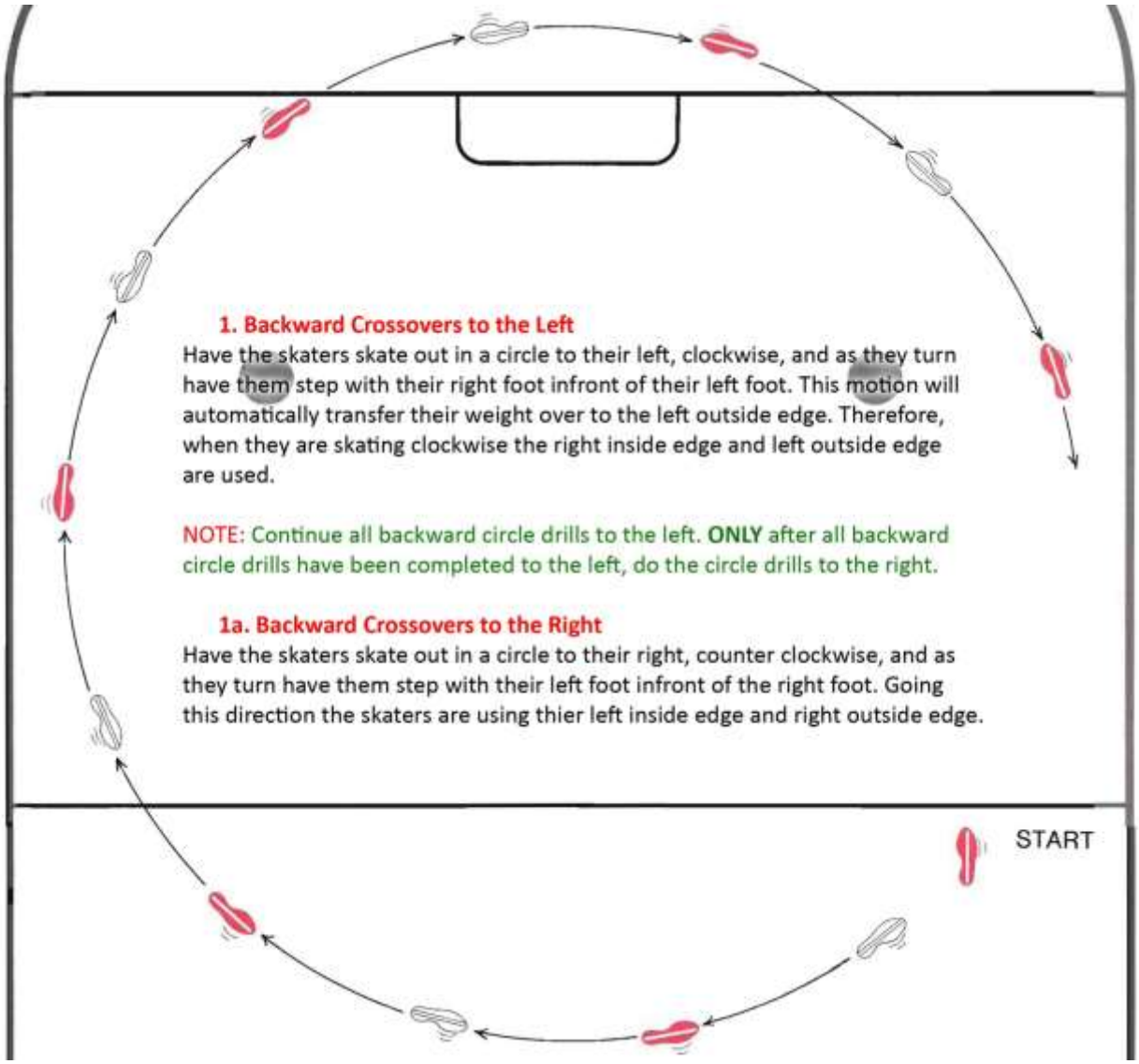
6. Turning from Forward to Backwards and Forward to the Right

Have the skaters skate around in a circle to the right. On the whistle have them turn to the center of the circle or to their right backwards. On the next whistle have the skaters step out to their left and skate forward. Repeat at least six times around on half ice.

NOTE: Continue all drills to the right. **ONLY** after all circle drills have been completed to the right, do the circle drills to the left.

6a. Turning from Forward to Backwards and Forward to the Left

Have the skaters skate around in a circle to the left. On the whistle turn to the center of the circle or to their left backwards. On the next whistle the skaters step out to their right and skate forward. Repeat at least six times.



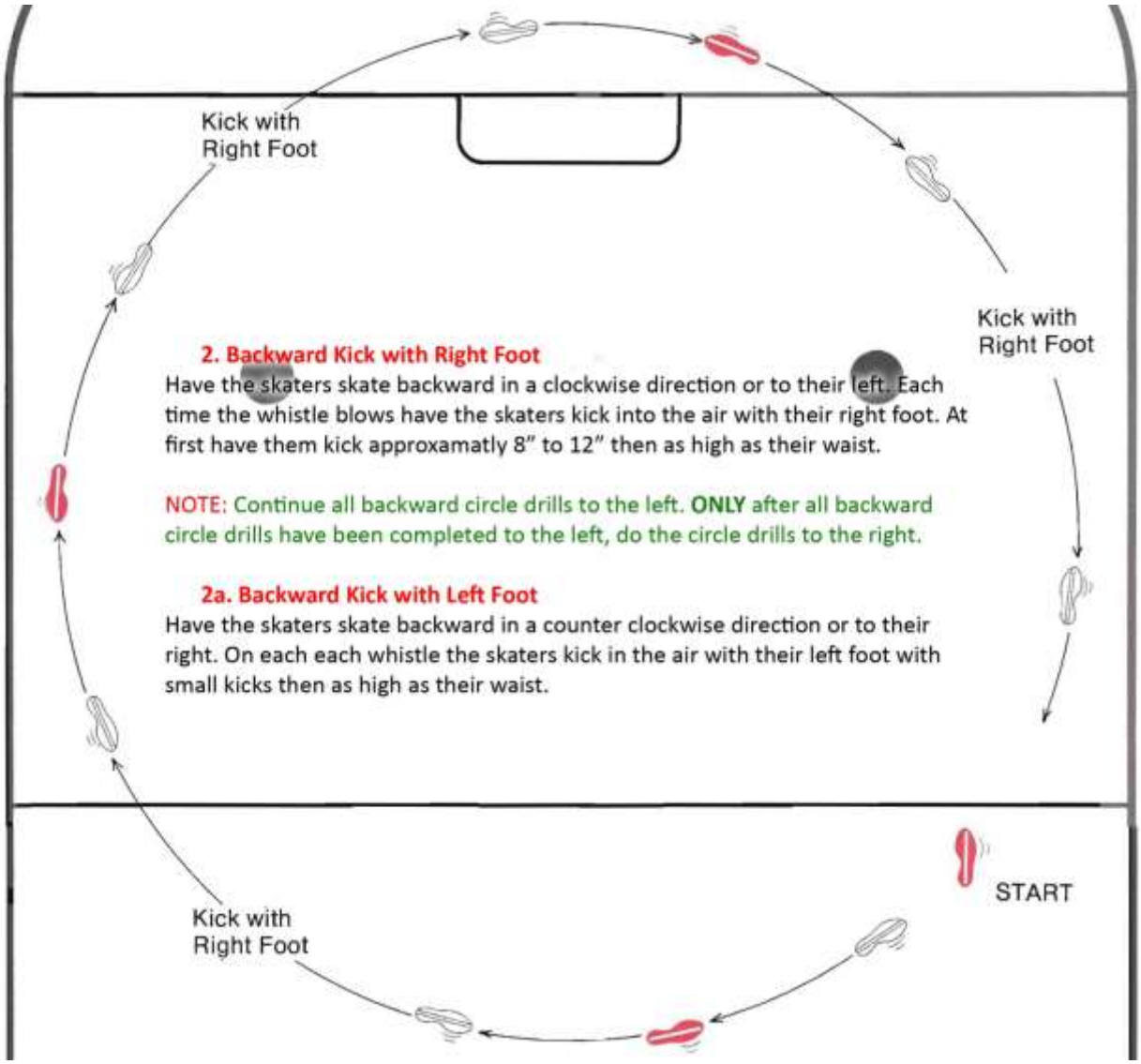
1. Backward Crossovers to the Left

Have the skaters skate out in a circle to their left, clockwise, and as they turn have them step with their right foot infront of their left foot. This motion will automatically transfer their weight over to the left outside edge. Therefore, when they are skating clockwise the right inside edge and left outside edge are used.

NOTE: Continue all backward circle drills to the left. **ONLY** after all backward circle drills have been completed to the left, do the circle drills to the right.

1a. Backward Crossovers to the Right

Have the skaters skate out in a circle to their right, counter clockwise, and as they turn have them step with their left foot infront of the right foot. Going this direction the skaters are using thier left inside edge and right outside edge.



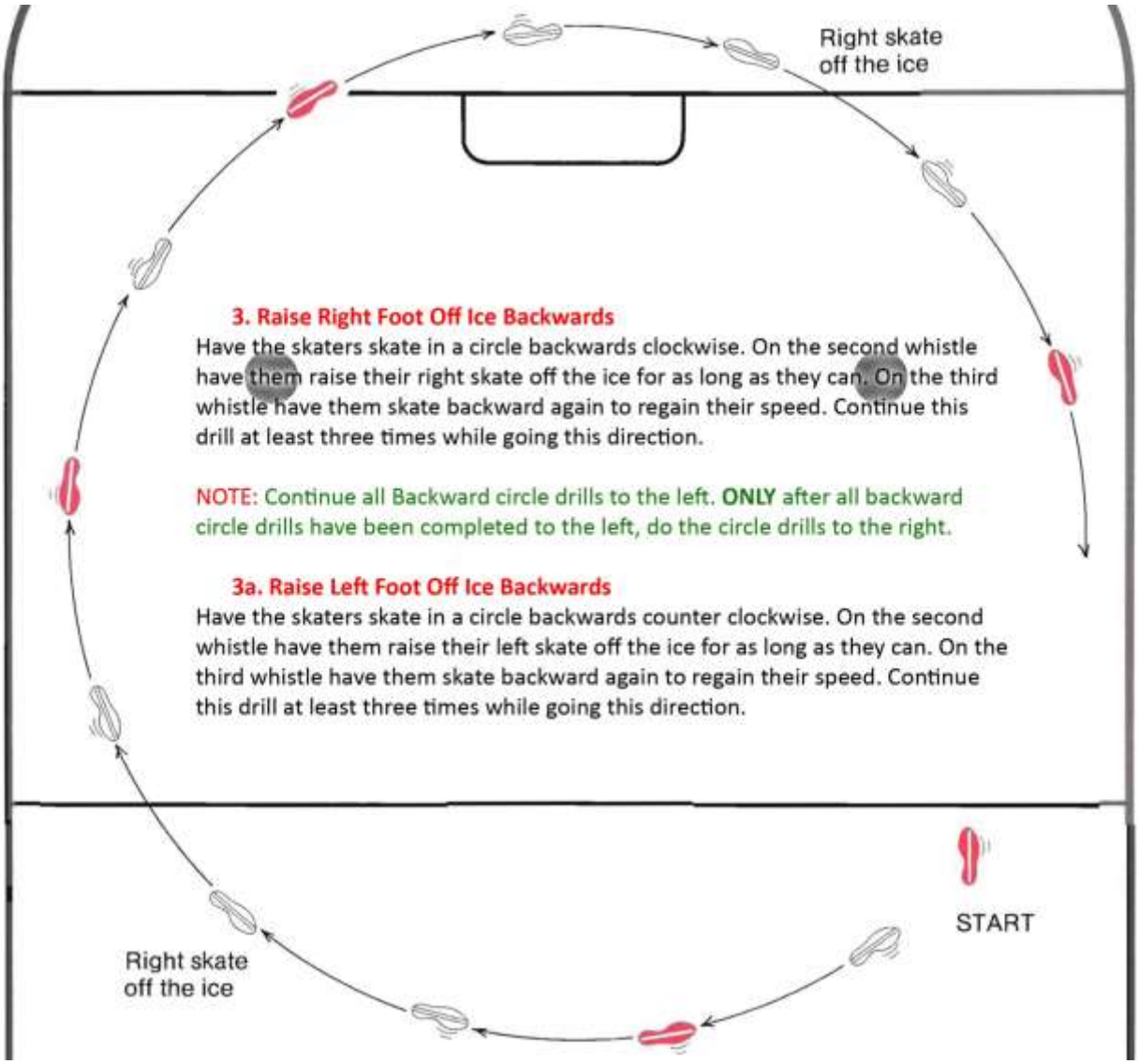
2. Backward Kick with Right Foot

Have the skaters skate backward in a clockwise direction or to their left. Each time the whistle blows have the skaters kick into the air with their right foot. At first have them kick approxamatly 8" to 12" then as high as their waist.

NOTE: Continue all backward circle drills to the left. **ONLY** after all backward circle drills have been completed to the left, do the circle drills to the right.

2a. Backward Kick with Left Foot

Have the skaters skate backward in a counter clockwise direction or to their right. On each each whistle the skaters kick in the air with their left foot with small kicks then as high as their waist.



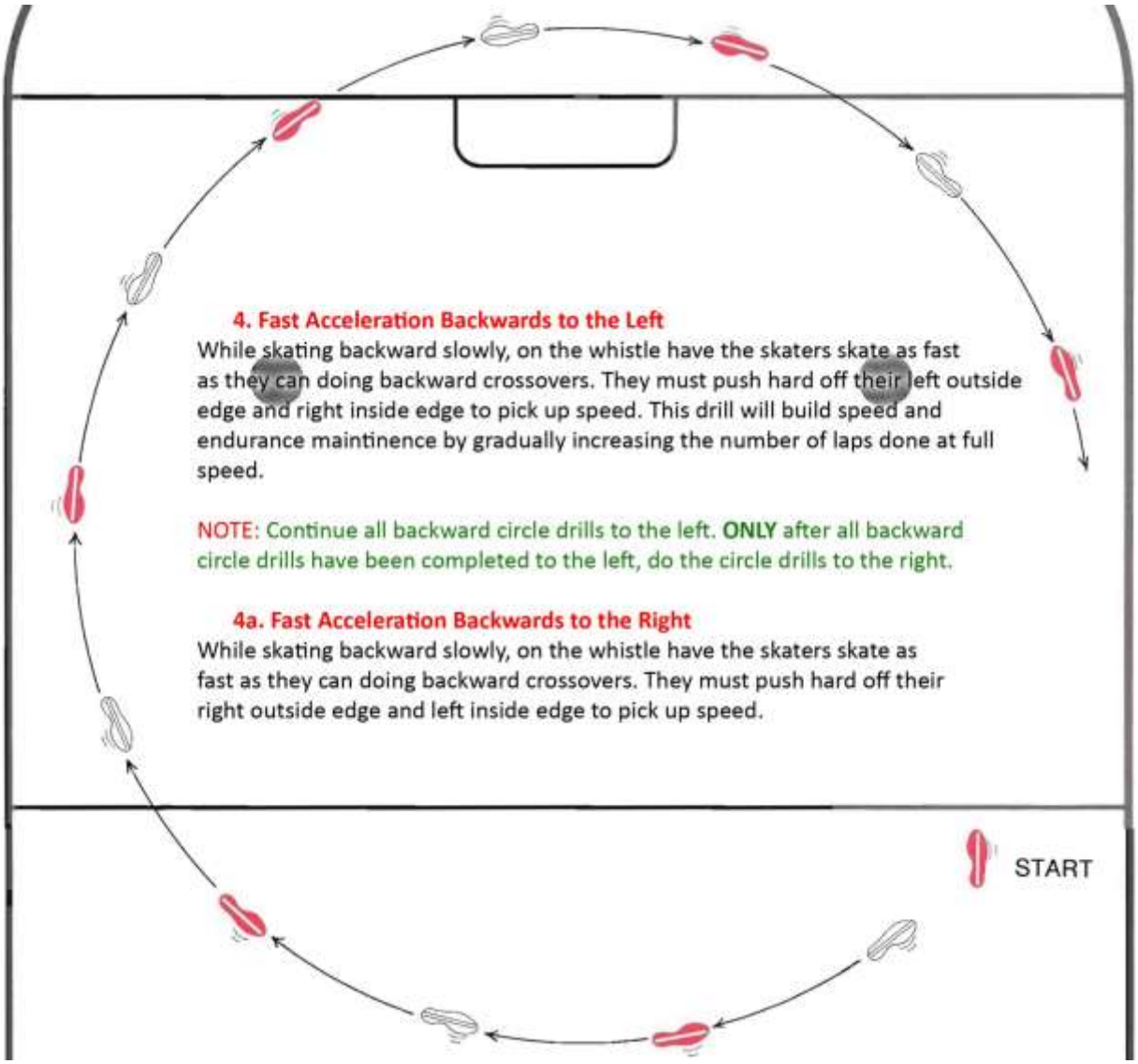
3. Raise Right Foot Off Ice Backwards

Have the skaters skate in a circle backwards clockwise. On the second whistle have them raise their right skate off the ice for as long as they can. On the third whistle have them skate backward again to regain their speed. Continue this drill at least three times while going this direction.

NOTE: Continue all Backward circle drills to the left. **ONLY** after all backward circle drills have been completed to the left, do the circle drills to the right.

3a. Raise Left Foot Off Ice Backwards

Have the skaters skate in a circle backwards counter clockwise. On the second whistle have them raise their left skate off the ice for as long as they can. On the third whistle have them skate backward again to regain their speed. Continue this drill at least three times while going this direction.



4. Fast Acceleration Backwards to the Left

While skating backward slowly, on the whistle have the skaters skate as fast as they can doing backward crossovers. They must push hard off their left outside edge and right inside edge to pick up speed. This drill will build speed and endurance maintinence by gradually increasing the number of laps done at full speed.

NOTE: Continue all backward circle drills to the left. **ONLY** after all backward circle drills have been completed to the left, do the circle drills to the right.

4a. Fast Acceleration Backwards to the Right

While skating backward slowly, on the whistle have the skaters skate as fast as they can doing backward crossovers. They must push hard off their right outside edge and left inside edge to pick up speed.