

## CHAPTER 4

### POWER SKATING PYLON DRILLS

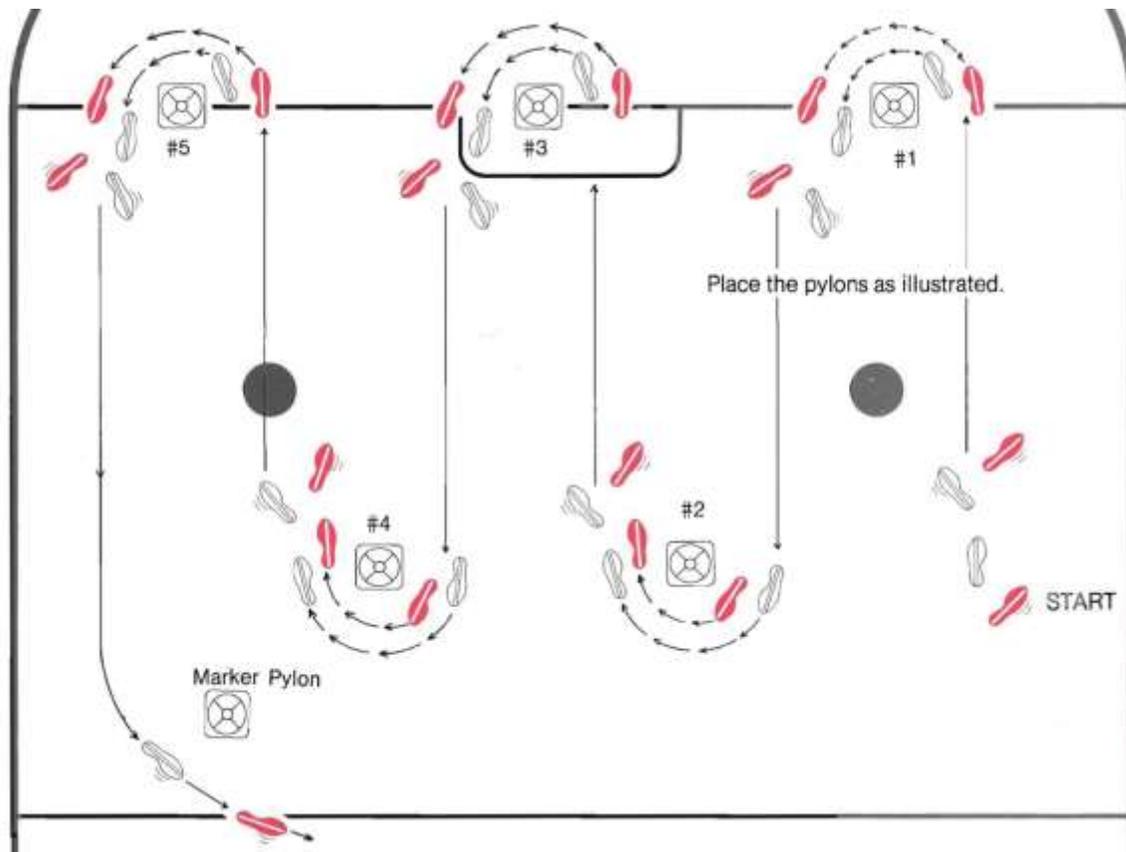


*The pylon drills are a check to see if the skaters are doing their skills correctly.*

## POWER SKATING PYLON DRILLS

Power Skating Pylon drills are as important as the previous set of drills. Each skater will be performing very basic maneuvers and very difficult maneuvers through the pylons. The pylon drills are half ice drills so that they can be performed by two instructors at the same time on both halves of the ice. Have the skaters face the front of the rink on both halves. These pylon drills will train the skater for speed, agility and proficiency while the instructor can observe each skater individually and tell them if they are doing anything wrong. It is up to the individual to correct themselves after being shown previously in the rink width and circle drills.

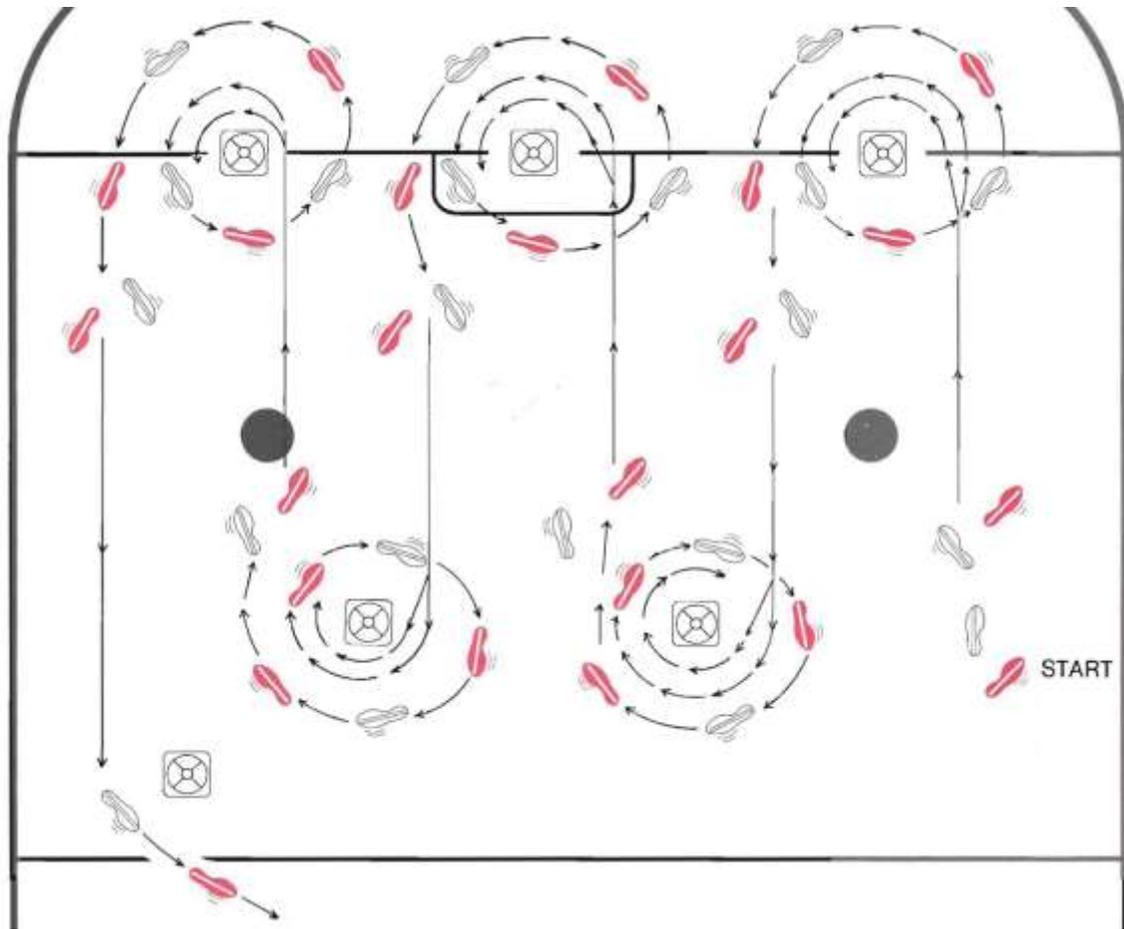




### 1. Heel Turn

To start teaching this maneuver, have the skater skate to pylon #1. Since the pylon is on his left, have them place their left toe slightly in front of their right skate in a gliding position. Then glide half way around the pylon by leaning back onto the heels of the skates. Have them skate to pylon #2 and again place both skates in a glide but with the right toe slightly ahead of the left skate. Leaning back onto the heels, turn to the right and skate to the next pylon. Have them do right and left heel turns through all 5 pylons, returning back to the sideboard on the right side of the marker pylon. Once they have learned the proper way to go through the pylon course, teach them how to use the left outside edge and right inside edge for turning left, and right outside edge and left inside edge when turning to the right. As they become more proficient, increase the speed, that they go through the pylons, until they are going through as fast as they can.

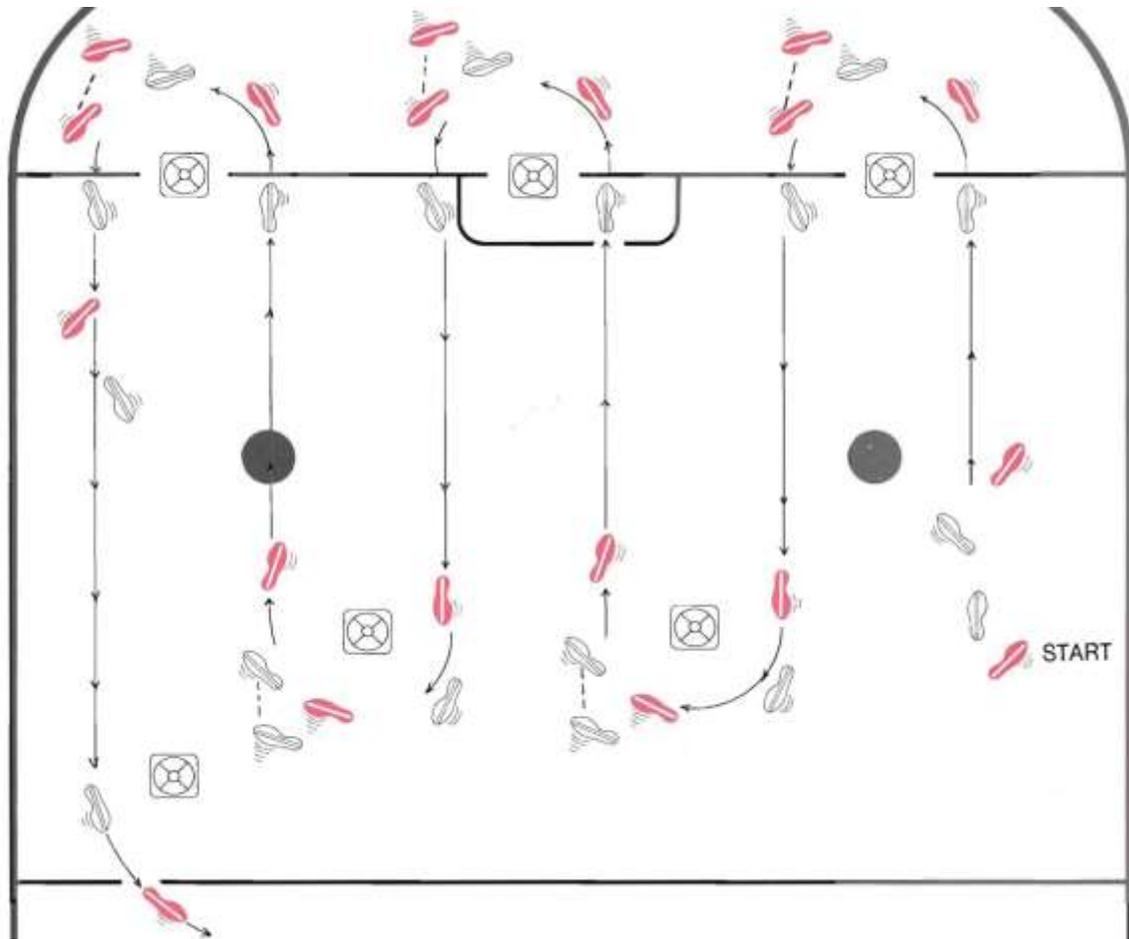




## 2. Heel Turns and Forward Crossovers

Start the skaters exactly the same way as on heel turns, but rather than just going half way around the pylon, have them go all the way around doing forward crossovers. Make sure that they are using the inside and outside edges properly, standing up, and transferring their weight to the back half of the blades. If turning to the left, it is the left outside edge and the right inside edge, and to the right it is the right outside edge and left inside edge. Having sharp skates will enable them to do the tight heel turns.

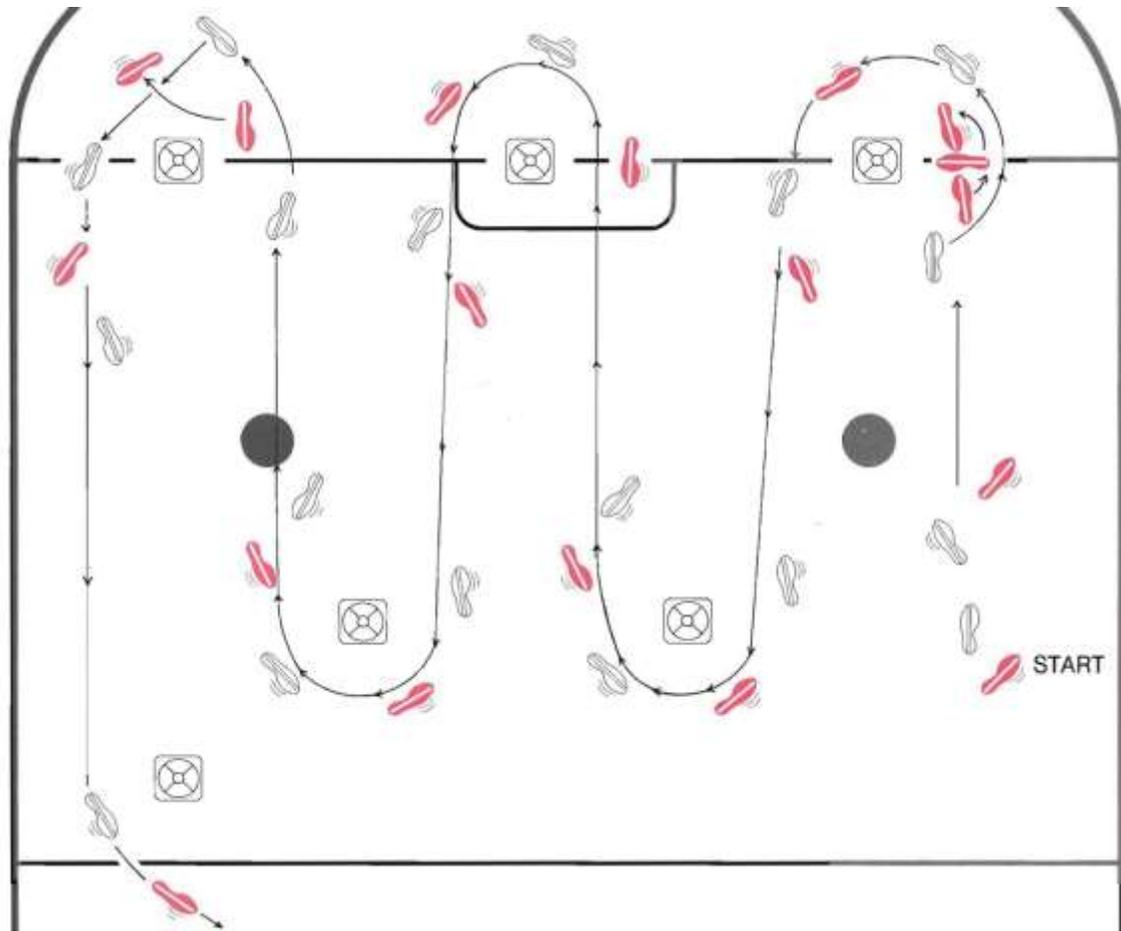




### 3. Hockey stops past the pylon

Have the skater skate out to pylon #1, when they get a couple feet past the pylon, have them come to a full hockey stop to their right, with their left shoulder pointing towards the pylon. Next the skater will immediately step over toward pylon #2 with their right skate and skate to pylon #2. A couple feet past pylon #2 come to a full hockey stop to their left, with their right shoulder pointing toward the pylon, then immediately stepping over with the left foot and skating to pylon #3. Continue on through all 5 pylons. Gradually increase the speed so that the skaters are skating as fast as they can.



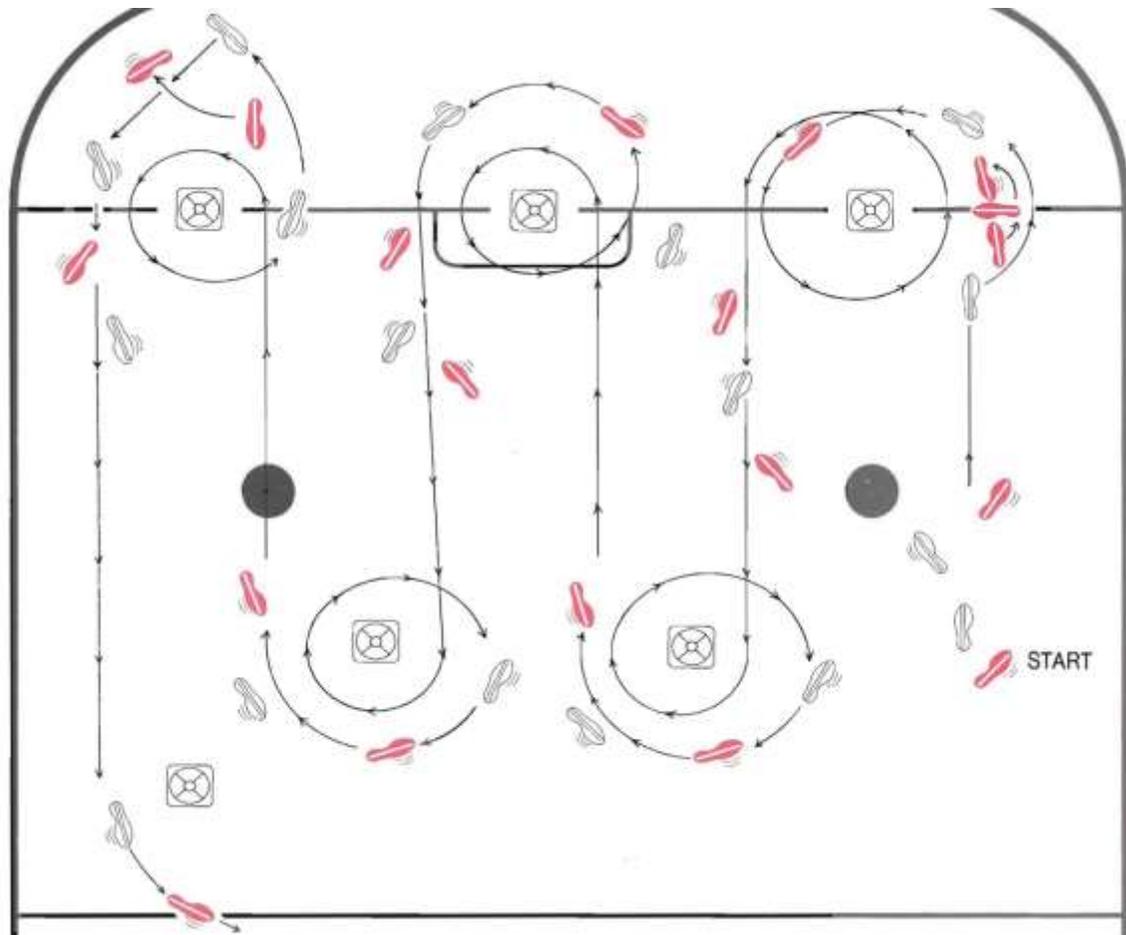


#### 4. Turning from Forward to Backwards

Starting from the sideboard with the first pylon on your left, have the skater skate to pylon #1 forward and just before reaching the pylon have them pivot 180 degrees on both toes facing the pylon or to their left and skate backwards, looking over their shoulder for the next pylon each time. Follow the pattern to pylon #5. At pylon #5 the skater will take their right skate, point the toe out and step out forward facing the pylon or to their right, then returning to the start forward, on the right side of the marker pylon.

*NOTE: This drill can also be done where the skaters skate forward to pylon #2, turn backward facing the pylon, or to their right and skate through the pattern to pylon #5 and step out forward with their right skate.*

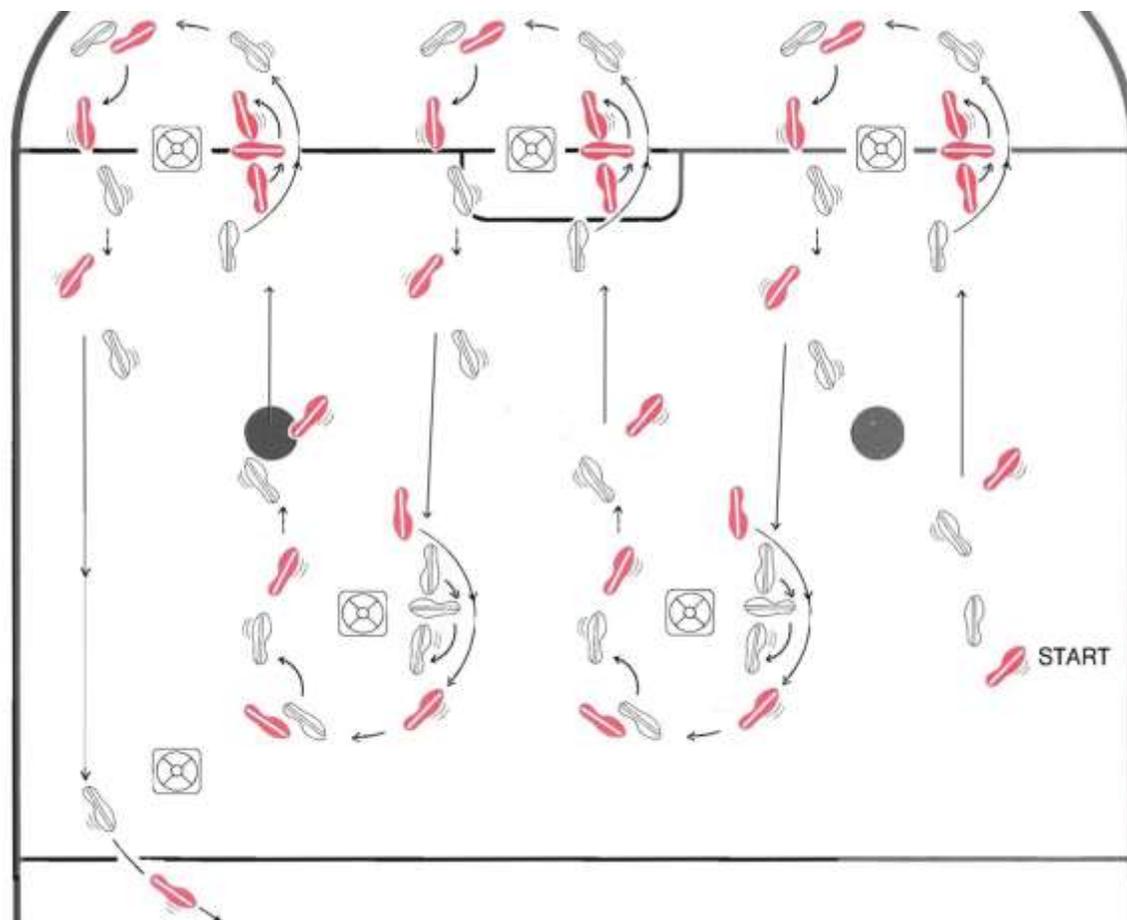




### 5. Backward Crossovers

Have the skater skate to pylon #1 forward, just before the pylon have them pivot on both toes 180 degrees facing the pylon to their left. Have the skater go all the way around the pylon doing backward crossovers stepping in front with the left skate. Then continue to pylon #2 skating backward. Have the skater go all the way around the pylon doing backward crossovers stepping in front with the right skate. Continue backwards to pylon #5. At pylon #5, after going all the way around with crossovers have the skater step out forward, facing the pylon with their right skate, and return forward to the start on the right side of the marker pylon.



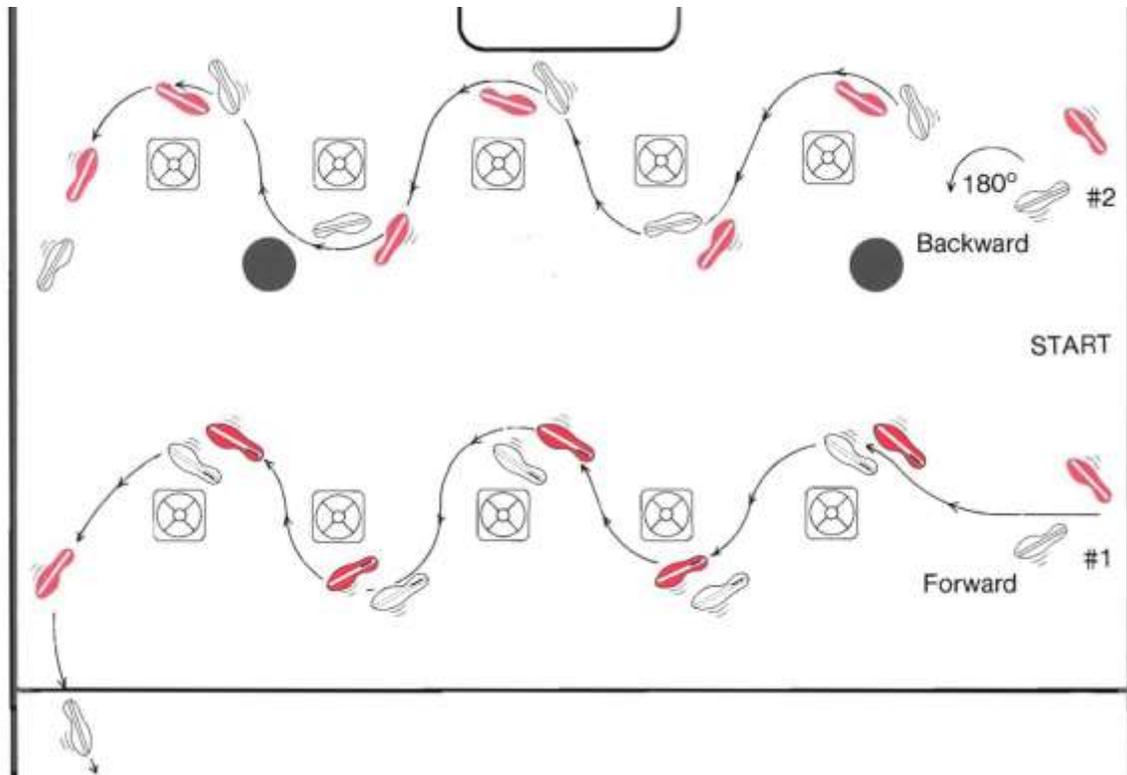


### 6. Turning from Forward to Backward, Coming Out Forward

Have the skater skate to pylon #1 forward, just before the pylon have them pivot quickly on both toes 180 degrees facing the pylon, to their left. Have them glide on both skates backward until they are heading toward pylon #2, then have the skater step out forward clockwise with their right skate and go forward to pylon #2. Just before pylon #2, the skater will pivot quickly on both toes 180 degrees facing the pylon, to their right. Have them glide on both skates backward until they are heading toward pylon #3 and then step out forward counter clockwise with the left skate and skate to pylon #3. Continue through all 5 pylons returning to the start forward around the right side of the marker pylon.

*NOTE: To make this drill more challenging, keep placing the pylons closer to each other and have them skate through again and again.*





### 7-1. Obstacle Course Slalom Forward

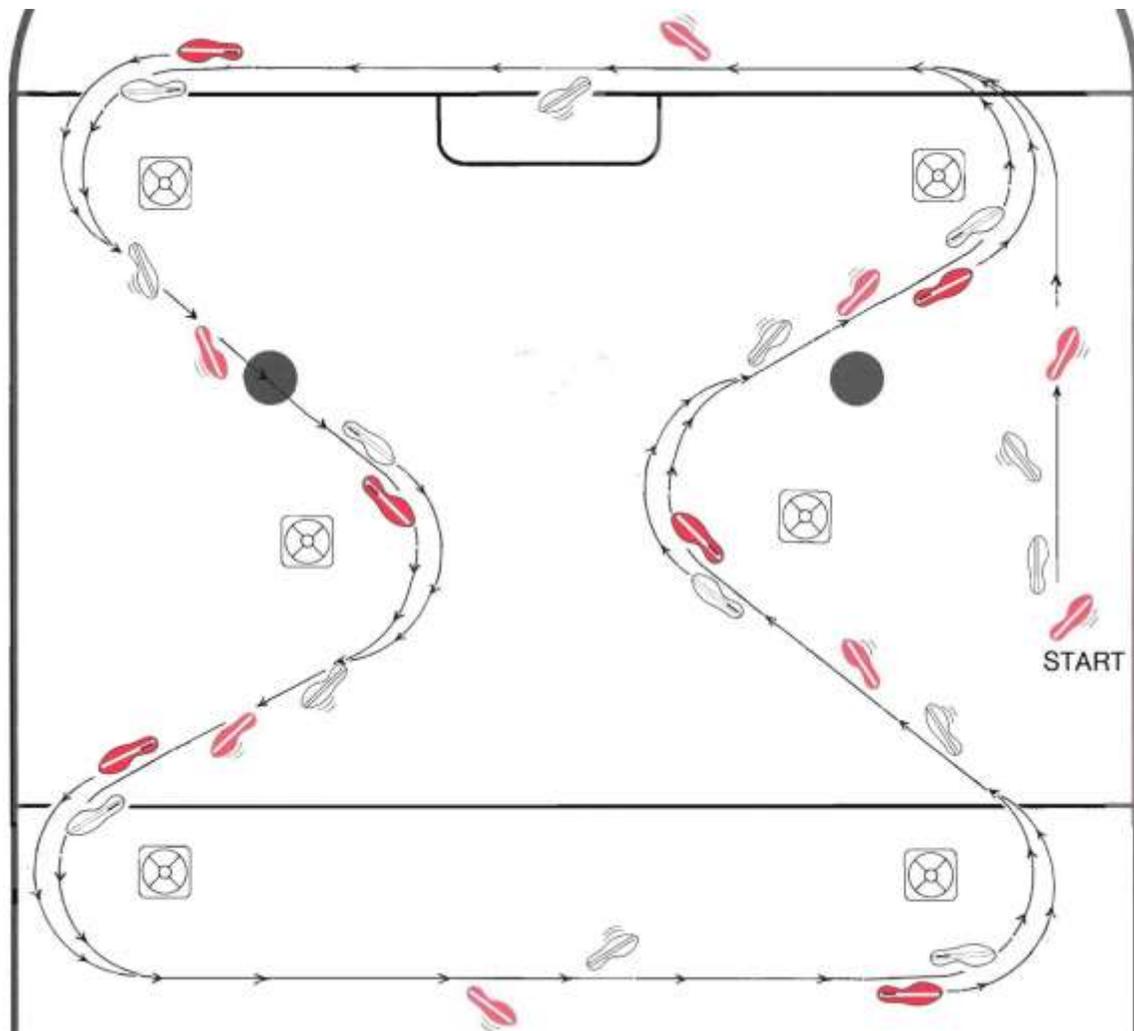
With the pylons in a straight line, have the skater skate out to the right side of the first pylon. Once at the first pylon they must stay upright, shift their weight to the back half of their skates and push with the left outside edge and right inside edge at the same time. At the second pylon the skater will stay upright, shift their weight to the back half of their skates and push with the right outside edge and left inside edge at the same time. Continue through the 5 pylons.

### 7-2. Obstacle Course Backwards

Have the skater skate to the right side of the first pylon forward, just before reaching the pylon pivot 180 degrees facing the pylon, to their left, and skate backwards side to side around the pylons in a line, looking over their shoulder for each pylon. Continue through all 5 pylons then at pylon #5 step out forward facing the pylon with the right skate.

*NOTE: To do this drill properly the skaters **MUST** look over their shoulder for each pylon.*

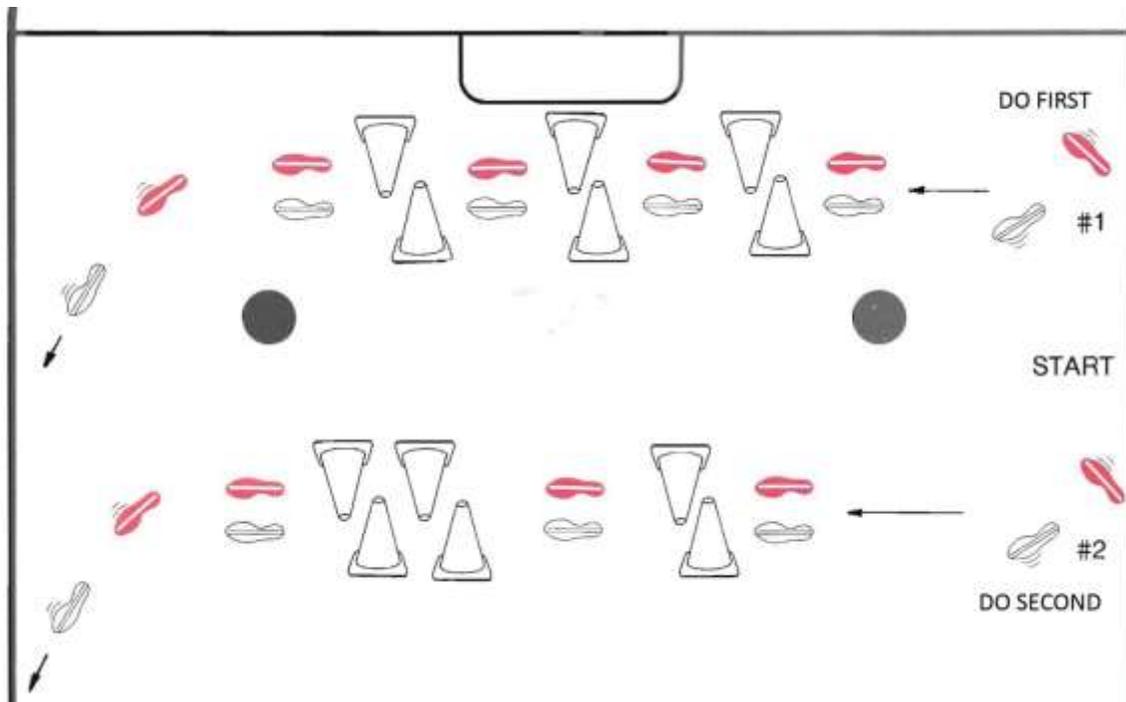




### 8. Follow the Pattern Drill

With the 6 pylons being set up like an hourglass all skaters skate out counterclockwise following the pattern shown above. At every pylon the skaters must stay upright, shift their weight to the back half of their skates and do a heel turn. After about a minute forward, blow the whistle to have them turn backwards and continue the pattern in the same direction. Make sure the skaters are looking over their shoulder for each pylon. After about a minute of backwards blow the whistle again and have them skate forward clockwise, doing heel turns at every pylon. After about a minute forward, blow the whistle for backwards in the same direction, making sure the skaters look over their shoulder for each pylon. Continue backwards for about a minute.

*NOTE: Doing the heel turns keeps the turning tight so that there are no collisions with other skaters.*



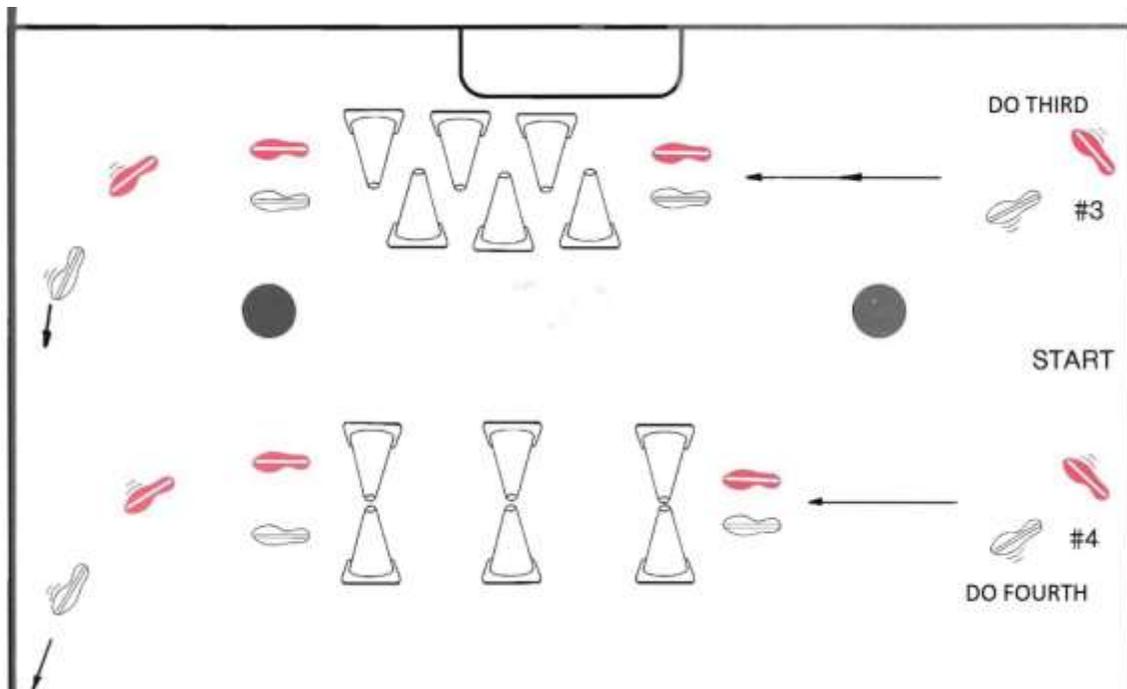
### 9a. Forward Pylon Jumping: Two Footed

1. Using all six large traffic pylons, lay them down on their side in three pairs as illustrated in #1. Leave about 8 feet of space between each pylon pair. Have the skaters skate out one at a time, jumping with both feet at the same time over the three pairs of pylons. Repeat this drill until all the skaters can jump all three pairs of pylons reasonably well.

**NOTE:** Do not lean forward or backward and never dive or try to step jump the pylons set up in this manner. Remember to jump straight up, tucking your feet up and letting your speed carry you over the pylons.

2. Next set the pylons so there is one set of two pylons and one set of four pylons as illustrated in #2. Leave about 8 feet of space between the sets of pylons. Have the skaters skate out one at a time, jumping with both feet at the same time over the two sets of pylons. You can use various different combinations of the sets of pylons, this is the one we use most often.



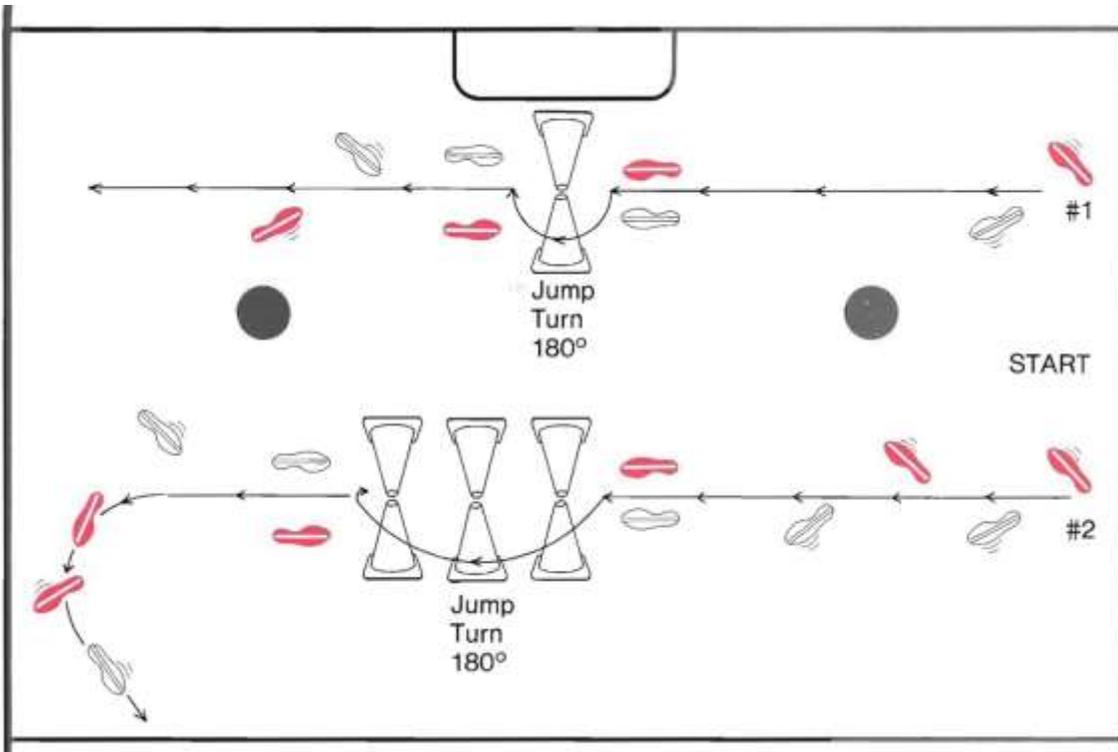


**9b. Forward Pylon Jumping: Two Footed**

**3.** Set the pylons in one group of six as illustrated in #3. Have the skaters skate out one at a time increasing their speed before they get to the pylons, and again jumping over the whole set of pylons with both feet at the same time.

**4.** Set the pylons in three pairs to where the total jump distance is 4-6 feet, with only the tips of the pylons touching each other so that the skaters jump for distance rather than height. See illustration #4. Have the skaters skate out one at a time as fast as they can, then when they get to the first set of pylons jump with both feet at the same time without leaning forward or back and letting their speed carry them over all the pylons.





### 10. Backward Pylon Jumping: 180°

1. Start off with one pair of pylons set with the tops pointing towards each other with about one foot of space between them. Have the skaters skate out one at a time forward, at the pylons the skater will jump up and turn 180° in the air, then land on both skates backward and skate backward to the left sideboard.

Have the skaters skate out forward from the left sideboard, at the pylons the skater will jump up and turn 180° in the air, then land on both skates backward and skate backward to the starting sideboard. Have the skaters repeat this drill until they are comfortable with turning in the air during the jump.

Next push the pylons together so the tips are touching, as in illustration #1. Repeat this drill until the skaters are comfortable jumping up about 2-3 inches and turning 180° over the pylons.

2. Set the pylons in three pairs as in illustration #2. Have the skaters skate out forward as fast as they can, at the pylons the skater will jump up and turn 180° in the air over all the pylons, then land on both skates backward, after landing the skater will step out forward and return to the starting sideboard.

**NOTE:** To increase the difficulty on both of these drills, you can overlap the pylons and push them closer together to make the skaters jump higher.