



# Broberg Skating Plan

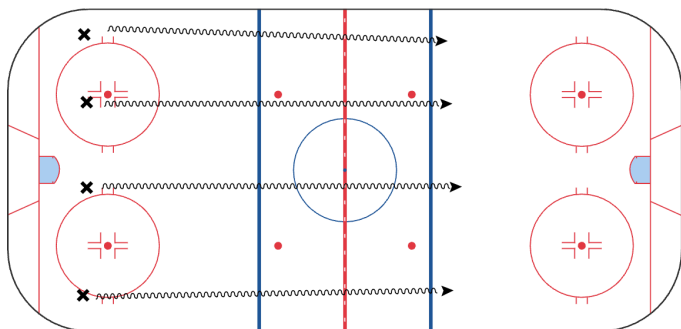
Date: Jan 20 2026

Time: 5:29 pm

Duration: 53 mins

## Broberg Skating Warmup

5 mins

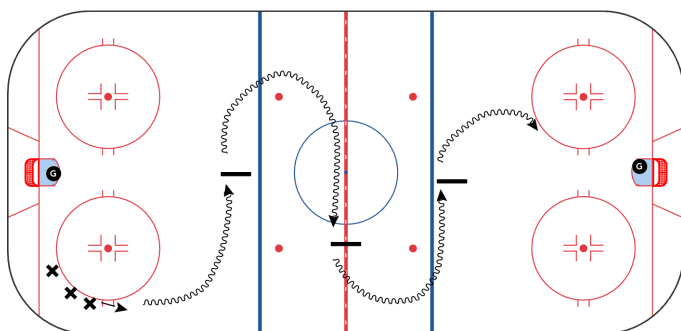


Progressions:

- heel pushes
- long inside edges
- backwards
- Add outside edge, soft step on outside edge and then cutback the other way
- 

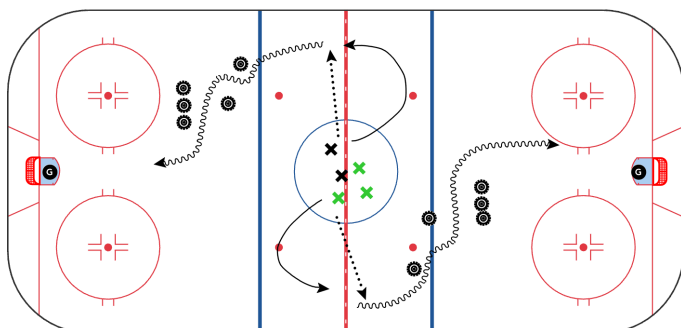
## Broberg One Foot Hops

5 mins



## Broberg 1-2-3 Inside Edge

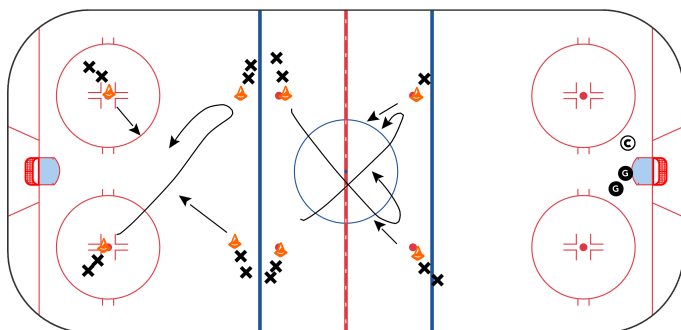
10 mins



Players circle around for a pass before stepping through the barriers  
Each step is on the inside edge, long, short, long, and then a shot

## Edges Warmup

15 mins

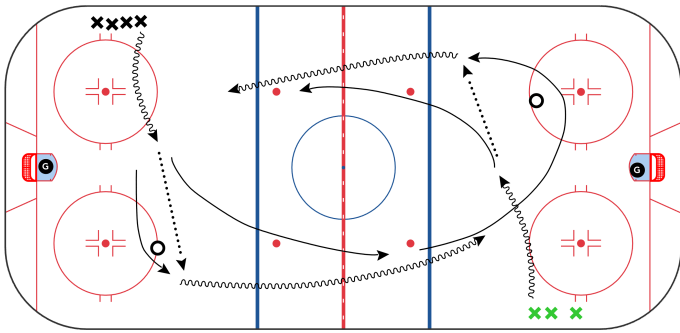


Players skate different progressions around opposite pylon and back  
Progressions:

- flat footed 2 foot turn
- outside edge to inside
- inside edge to outside
- one foot glide
- pivot to backwards
- Broberg cut-back
- add pucks, add passes

## Blue Jacket Up & Down

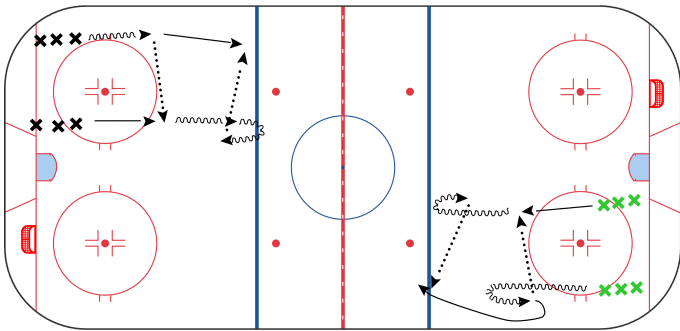
8 mins



Players step out of line with puck and pass to player from previous rep  
Track back and provide pressure until player shoots, then circle around  
tire and receive pass and go down for shot while new player tracks  
Drill is continuous

## Pairs Passing Skating Progressions

10 mins



Players pass puck moving up the ice, add different skating  
progressions with and without puck