



KHA Jan Week 3: Skating

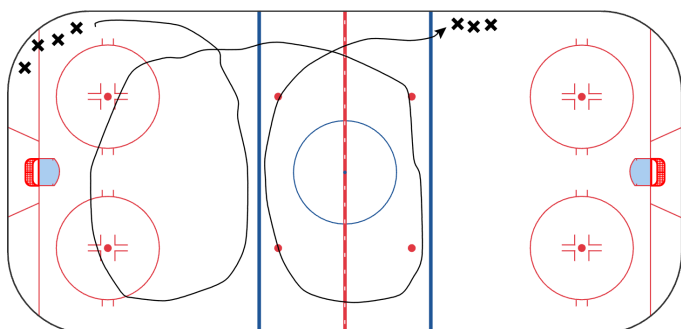
Date: Jan 20 2026

Time: 9:02 pm

Duration: 61 mins

Katy Jo Circles

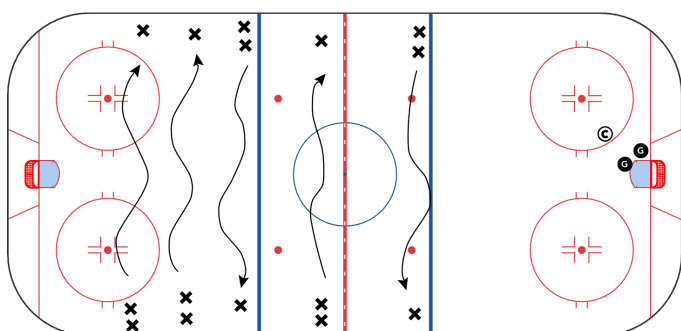
10 mins



- Start with players in one corner, one player leaves at a time
- Player skates in a circle in all three zones
- Players must stay in the zone (can't cross the blue lines)
- Feet must crossover their outside edge
- Progression: go with a partner, one partner adds pressure on the back hip (skip the neutral zone for this part)
- Progression: add a puck

Kraatz Skating Skills One Edge

10 mins

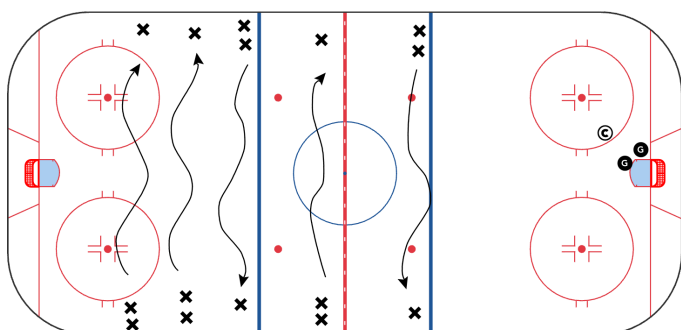


Use this configuration on the ice to work on skating skills from Victor Kraatz's course Building the Foundation of Skating.

1. Two foot glide FWD's & BWDS
2. One knee touch
3. One foot FWD's & BWDS
4. Sculling FWD's & BWDS
5. Two foot turns (inside edge lifts while outside switches)
6. Outside edge to inside edge

Kraatz Skating Skills One Edge

7 mins

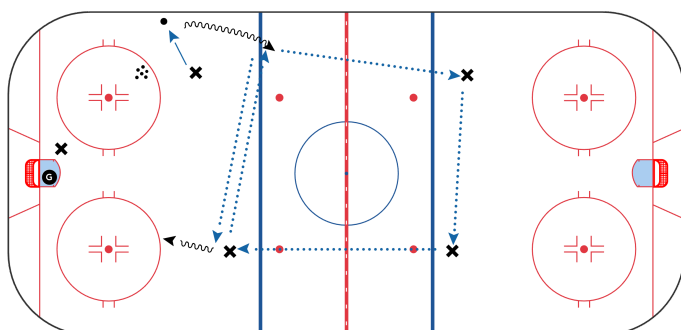


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Around the World No Dust Passing

8 mins



Drill starts with a retrieval, player escapes and passes to far end
Pass around the world with no stickhandles, then back to last player who goes for a shot
Forward stays at net for rebound
Forwards shoot down wall, D shoots from blue line

Jackson Net Presence Station

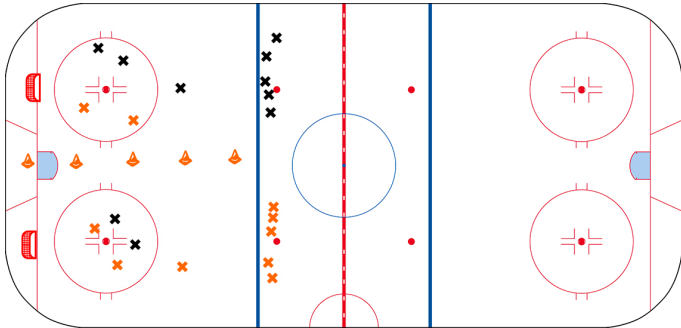
8 mins

Nathan Net Presence Station

8 mins

2on2 Shooter

10 mins



Teams play 2on2 with a designated shooter