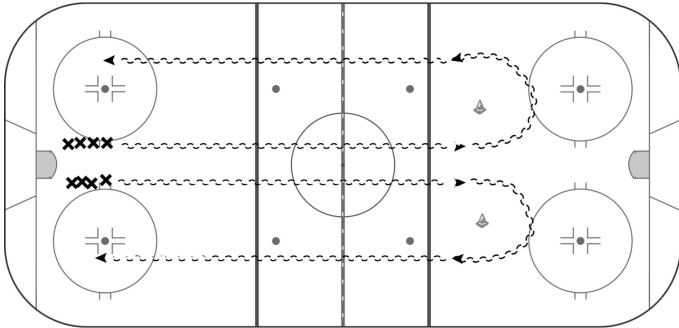


Adult - Day 5 W2025

Duration: 55 mins

Wind Tunnel - Backwards Stride

15 mins



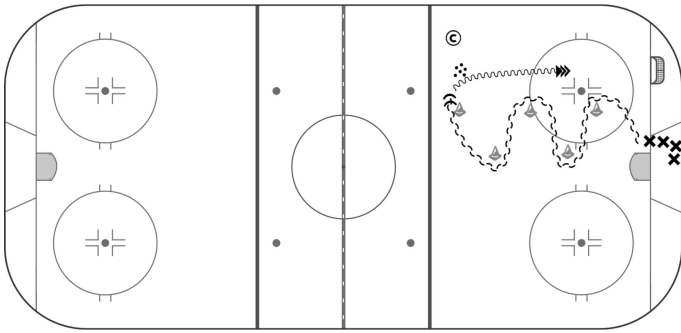
1. Skaters skate down the ice with only doing strides on one skate, see below for the key teaching points for backwards stride (question mark stride): - Body weight is over the support leg for power and balance as the foot glides on the ice - Leg that is gliding stays in a straight line down the ice - Knees and ankles bent, chest up and stick in one hand (almost like sitting in a chair), knees bent over toes - Lean slightly forward, weight on the arch of the heel of the feet, feet hip width apart and elbows bent for balance - Push out with heel of skate leading and big toe cutting to the ice for a C-cut, do a full extension. Bring skate back next to the other skate, with heel leading again. Start with striding skate a bit ahead of the other skate, and bring it back a bit ahead of the other skate, therefore avoiding finishing stride behind other skate. Skate needs to come back underneath body, with toes pointing forwards (Full question mark cut, once finished) - If players have trouble with balance, can have two hands on the stick, but encourage one hand as soon as possible, therefore allowing players to move their arms back and forth while striding 2. Switch leg 3. Alternate legs with a good two-foot glide in between strides (can have players count to three, before the next stride) 4. Full speed backwards skate Common mistakes: - Gliding leg not staying in straight line (player is moving from side to side) - Bringing leg back behind other skate, instead of slightly in front (Remember the question mark stride) - Arms not swinging back and forth - Player on both inside edges - Weight not distributed properly (player is off balance)

Key Points

- balance
- extension
- knee/ankle flexion
- push with toe/lead with heel
- full recovery

Backwards S

10 mins



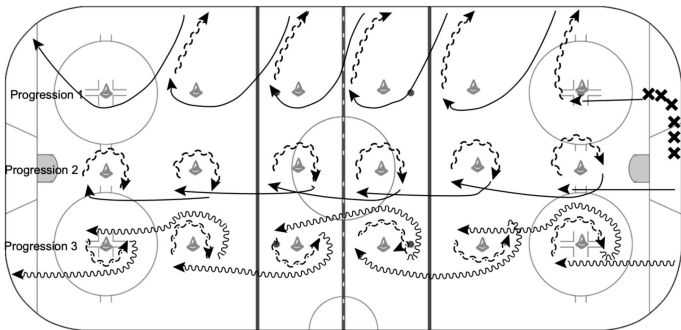
- Players practice skating backwards around cones WITHOUT pucks to start.
- When players are turning, outside leg must make bigger c-cuts than inside leg, for HIGHER level players
- they will focus on undercutting with their inside skate.
- Once players make it through the "S" they will pick up a puck from a pile and go in for a shot.
- Add in pucks
- Players should only need to drag the puck while skating backwards (no need to stickhandle) only need to switch from forehand to backhand when turning around the cones.
- Variations:
 - Forward backward pivots always facing one direction
 - 360 backward skating all the way around each cone
 - Passing to the coach while skating backwards

Key Points

- Control upper body
- Bring skates back from underneath body
- Pushing with big toe
- Ensure full extensions

Cone Transitions to Backwards

10 mins



Progression 1

-Players Skate up to the cone forwards, pivot to backwards, skate backwards to the boards and repeat.

-Pucks can be added later.

-Focus is on smooth transitions, turning their head left, and pumping backwards crossover to the boards.

Progression 2

-Skate forward to the cone, Pivot to backwards around the cone, open up at the bottom, transition to forward to the next cone

-Pucks should be can be added later (make sure pucks are brought underneath cones on transitions)

-Focus is quick transitions, tight to the cone as possible. 1 backwards cross, open up using right foot then transitioning weight to left foot.

Progressions 3

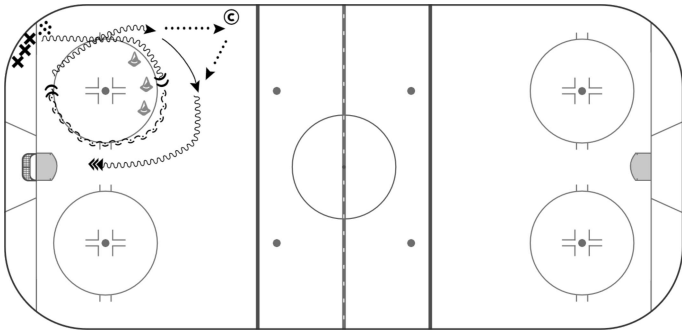
-Start with a puck, do the same as above, but this time the player will escape out the same side.

-Do alternating sides every cone to aid in the flow

-Focus is on transitions backwards with the puck on your backhand, when escaping, pull the puck back in the direction you're going, complete a tight turn, and use forward crossovers to escape from the attacker.

Quick Feet to Backwards Crossovers

10 mins



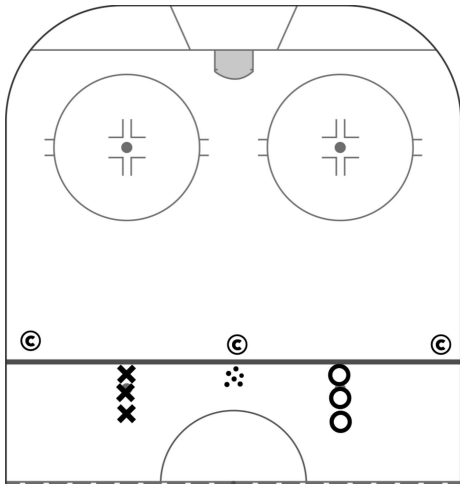
- Player starts from the corner with puck, skates to the top of the circle, pivots to backward skating, pivots again on the bottom of the circle. Player does a give and go with the coach, then proceeds to take a shot on net.
- Switch sides halfway through.
- Focus on powerful BWD crossovers after transitions.
- Variations:
 - Without pucks
 - With pucks
 - Give and go passes with coach while player is skating around the circle

Key Points

- Quick first 3 steps
- Knee/Ankle Flexion
- Low COG
- Pivot swinging hips
- Shoot with purpose

Joker

10 mins



Drill

- 1v1, 2v2, 3v3.
- Players retrieve the puck, pass it to one of the coaches, and get it back before they can shoot.
- If Defence steals the puck, passes it to the coach, gets it back, they're now on offence.