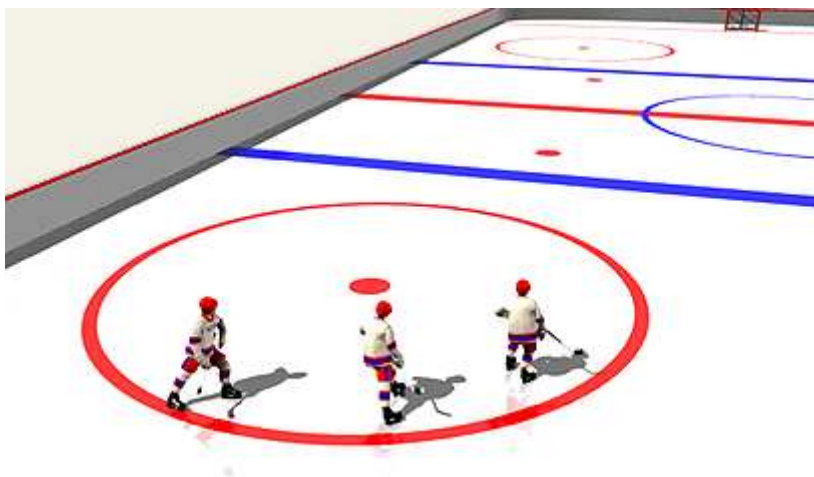




# Skating Drills

## Russian Backward Circle Drill



**Organizational Set Up**  
Entire Group  
Sticks  
Full Rink - skate around three circles



### Coaching Points:

In the Russian Backward Circle Drill players skate backwards around three circles and return to their starting position, while focusing on their backward skating technique.

### Coach Doug Woog's comments:

This is the Russian backwards drill. Players do the same thing as the circle drill, but only this time they skate backwards. It's important not to give up good technique for speed. You can also add a puck to this drill. This drill provides a good chance to handle backwards skating, forward skating, it's good for the goalies, good for the defensemen, good for the forwards.