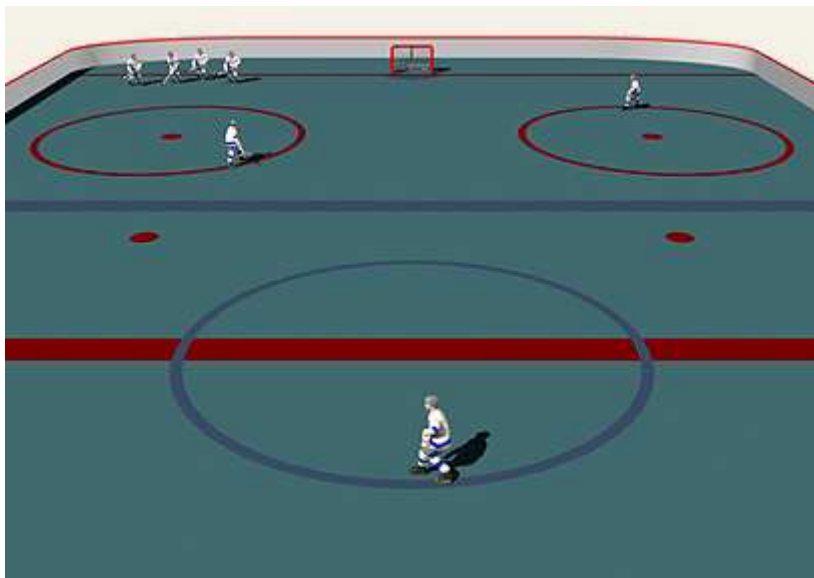




Skating Drills

Cross Over Skating Drill

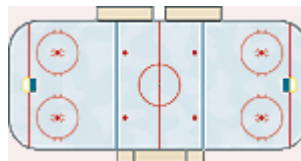


Organizational Set Up

Entire Group

Sticks

Half Rink - three circles



Coaching Points:

In the cross over skating drill players skate around three circles and back to their starting position, while focusing on their skating techniques.

Coach Mike Elias's comments:

This is a great drill to teach cross over skating which uses both sides of the wheels. While one player takes off and goes around one of the face off circles and heads to the center one, another player takes off and starts skating around a smaller circle. While doing this drill, the players should be exiting while the other one is entering the circle. When the player finishes the third circle around the face off, have them stop at the corner where the rest of the players will join them.

If you notice in the video clip, each time a player is going around the circle he's crossing over one skate in front of the other, using the inside of his blade. All players should participate in this drill, including your goalies.