Hockey Canada NCCP Instructional Stream

Skating – U7/U9 - On – Ice Plan

Drill Name & Description

Skating – Stance

- Balance starts with the basic stance, or "ready" position.
- This is the starting position for many of the basic skating skills.
- In the forward stance, the player's feet should be shoulder width apart with the toes pointing slightly outward.
- Knees and ankles are flexed at approximately 45 degrees. The upper body leans slightly forward with the weight on the balls of the feet.
- Make sure the head is up and eyes are looking forward. With the stick held in both hands, the blade should lay flat on the ice and slightly to the side of the body.

Key Teaching Points
- Can be done anywhere on the ice, make sure skaters are spread out.
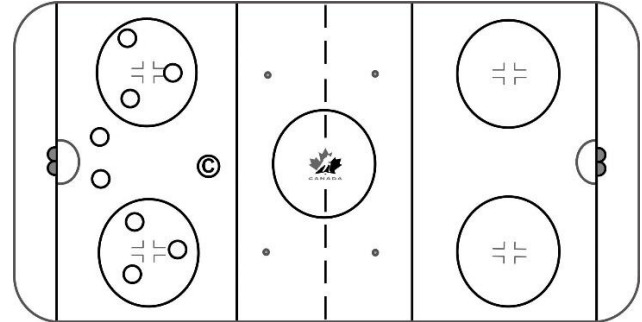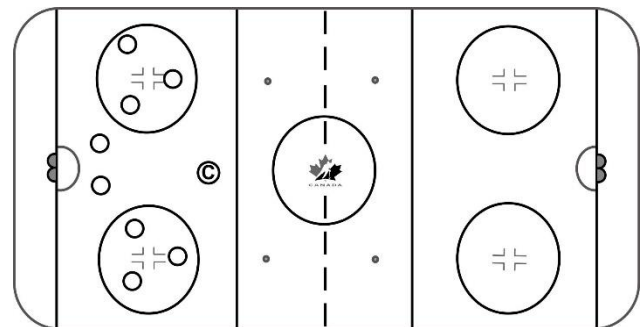

Drill Name & Description

Skating – Getting up from ice

- Players should rise to a kneeling position, then raise one knee forward to act as a brace.
- With both hands on the stick, push down on the raised knee and lift up to the ready position.

Key Teaching Points
- Can be done anywhere on the ice, make sure they are spread out so there is enough room to perform the skill
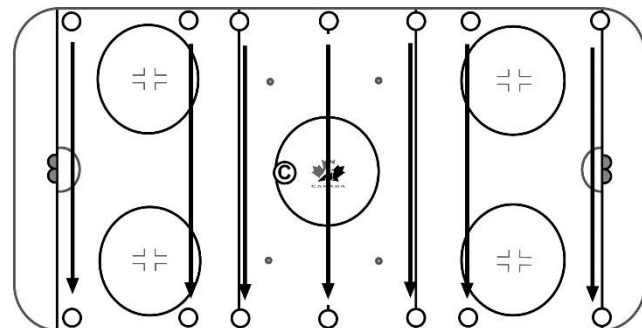

Drill Name & Description

Skating – Gliding 2 feet

- Gliding on two skates can happen many times throughout a practice or game. It is usually the preliminary movement in which the player begins striding, turning or stopping.
- Gliding on both skates is simply a moving hockey stance.
- Line up along boards and skate across the ice using the lines on the ice as a guide – Goal lines / Ringette lines, Blues lines etc…

Key Teaching Points
- Eyes Up
- One hand on the stick

Drill Name & Description

Skating – Double C-Cuts – (Bubbles)

- C-cuts are a basic skill that can help younger players with their forward skating.
- The c-cut is an important skill to master because it's a necessary component of many other skills such as crossovers and propulsion while turning.
- In this skill the skater does a C Cut simultaneously with both feet, and then brings them back together as fast as they can
- Line up along boards and skate across the ice using the lines on the ice as a guide – Goal lines / Ringette lines, Blues lines etc…

Key Teaching Points
- Eyes Up
- Two hands on the stick
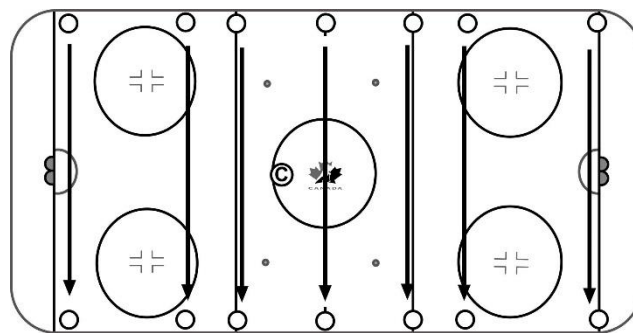
Drill Name & Description

Skating – Gliding 1 Foot

- Learning to balance and glide on one foot is essential, because proper skating technique requires that one foot must always be under the body's centre of gravity.
- This is done by maintaining the basic stance on the supporting leg while picking up the opposite foot.
- Line up along boards and skate across the ice using the lines on the ice as a guide – Goal lines / Ringette lines, Blues lines etc…

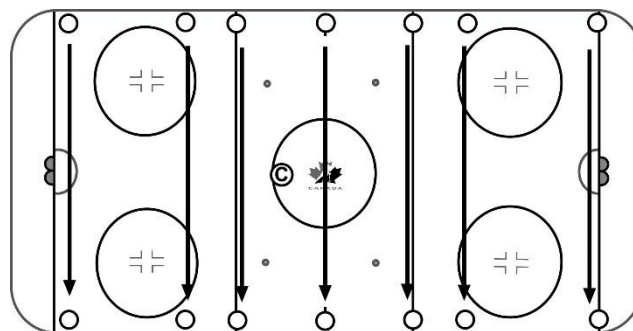**Key Teaching Points**
- Eyes Up
- Two hands on the stick
- Take two strides then glide

Drill Name & Description

Skating – Gliding Inside Edge / Alternating

- Preliminary skill used prior to gliding on both skates
- Majority of time while skating is done on one foot.
- C-Cut with one foot and glide on inside edge until back to centre (use line as guide) then repeat, same foot all the way across the ice, other foot back
- Progress to alternating feet – hold edge until back to centre then use other foot
- Line up along boards and skate across the ice using the lines on the ice as a guide – Goal lines / Ringette lines, Blues lines etc…

Key Teaching Points
- Eyes Up
- One hand on the stick
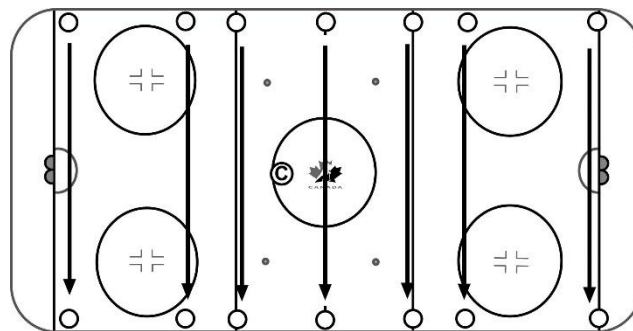
Drill Name & Description

Skating – C Cuts

- C-cuts are a basic skill that can help younger players with their forward skating.
- The c-cut is an important skill to master because it's a necessary component of many other skills such as crossovers and propulsion while turning.
- The basic c-cut involves using one leg as the glide leg and the other, as the drive leg. The drive leg must recover directly under the body next to the glide leg.
- One leg across the ice and the other back using the line as a guide
- Line up along boards and skate across the ice using the lines on the ice as a guide – Goal lines / Ringette lines, Blues lines etc…
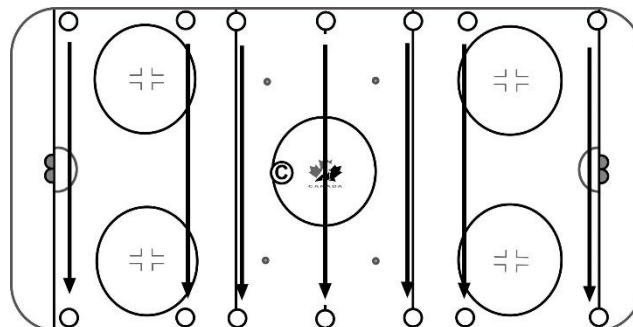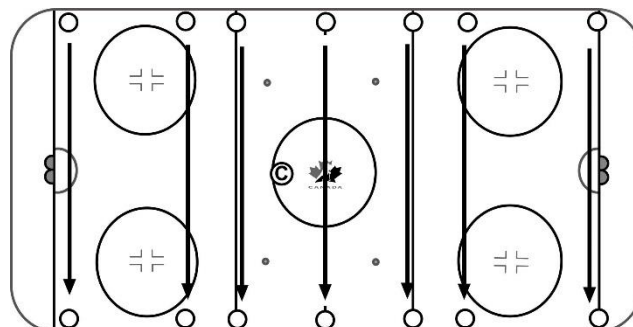

Drill Name & Description

Skating – Continuous Crossovers (Scissors)

- Forward Continuous crossovers (scissors) are a great exercise for working on outside edge control and coordination.
- It is critical for the players to keep their glide leg bent and to only use their outside edges when performing this skill.
- Line up along boards and skate across the ice using the lines on the ice as a guide – Goal lines / Ringette lines, Blues lines etc…

Key Teaching Points
- Eyes Up
- One hand on the stick

Drill Name & Description

Skating – Inside / Outside Edges (Slalom)

- Performing slaloms by alternating the lead foot is another great exercise for improving edge control.
- It's important that each time they go into a turn, the players' feet exchange front and back positions and never leave the ice.
- Keep feet as close together as possible.
- Line up along boards and skate across the ice using the lines on the ice as a guide – Goal lines / Ringette lines, Blues lines etc…

Key Teaching Points
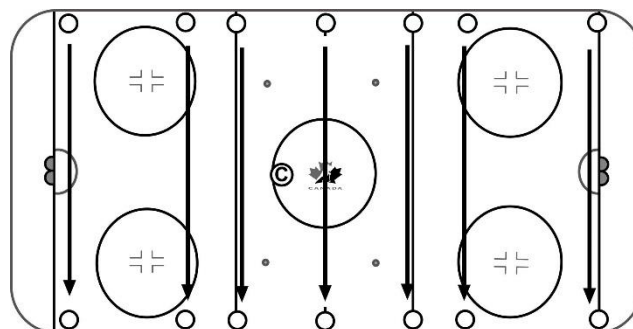- Eyes Up
- One hand on the stick

Drill Name & Description

Skating – Forward Striding – 1 Leg Push / Striding 1 Leg

- The basic forward stride is derived from a sequential extension of the hip, knee and ankle in a lateral thrust.
- The knee of the gliding leg must be fully flexed, extending beyond the toe of the skate. The weight of the body needs to transfer over the striding leg at the beginning of each stride.
- The ankle and foot of the striding leg should be completely extended to the tip of the toe.
- The skate of the recovery leg should be kept low to the ice, passing under the centre of gravity.
- It is common to see younger players use a high heel kick after the stride, but this makes the recovery time longer. As speed increases, longer and less frequent strides may be taken to maintain speed.
- Stride using one leg only across the ice and then use the other coming back. (Can progress to holding the stick out in front of the body to maintain posture)
- Line up along boards and skate across the ice using the lines on the ice as a guide – Goal lines / Ringette lines, Blues lines etc…

Key Teaching Points
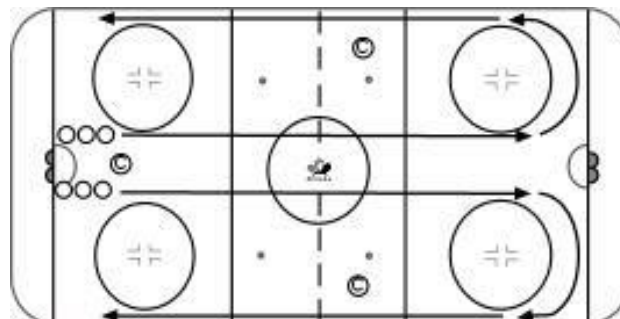- Eyes Up
- One hand on the stick
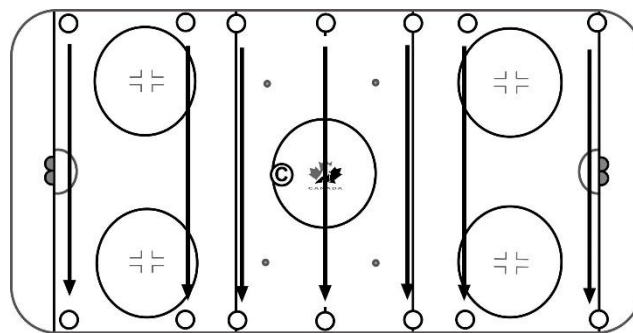
Drill Name & Description

Skating – Forward Striding

- Utilizing the description above, place the skaters in two lines at the hash marks and have them skate down the middle of the ice, turn toward the boards and come back along the boards doing the same skill.

Key Teaching Points
- Eyes Up
- One hand on the stick

Drill Name & Description

Skating – Forward Crossovers

- Crossovers are a method of turning while maintaining or picking up speed.
- The crossover begins by extending the outside foot back and to the side.
- The skater then pushes off the inside edge and brings the outside foot over and in front of the inside leg. At this point the inside foot also extends sideways and backward by pushing off the outside edge.
- Use the line of the circle as a guide – make sure outside foot lands on the inside of the circle

**Key Teaching Points**
- Eyes Up
- One hand on the stick
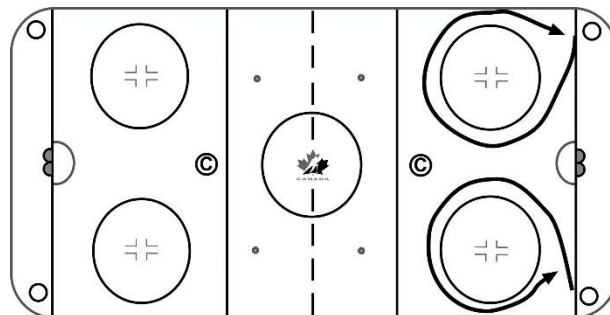
Drill Name & Description

Skating – Forward Crossovers – Cross Under

- This combination skill involves two actions.
- The first is a simple c-cut on the inside edge, the second is a c-cut on the outside edge of the same skate.
- This second action is a difficult skill because creating the additional propulsion requires that the entire skate blade remain in contact with the ice while the outside edge of the heel is driving downward.
- Place pucks on the circle to give skaters a guide as to when to cross-under with the inside foot

Key Teaching Points
- Eyes Up
- One hand on the stick
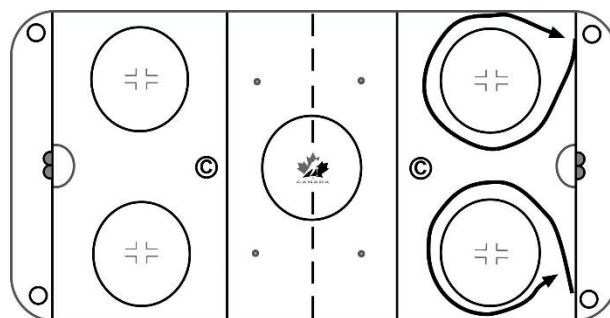
Drill Name & Description

Skating – Forward Crossovers – Hi/Lo

- This drill develops a great deal of foot speed by performing 3 or 4 quick crossovers in one direction and then 3 or 4 in the other.
- It is done around the top of one circle, and then the bottom of another.
- Performing the drill in this way is more relevant to an actual game situation than performing crossovers around a complete circle.

Key Teaching Points
- Stay low with knee bend
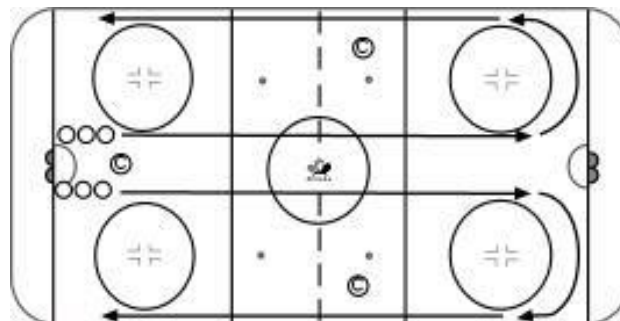- Try to keep the level of the head / helmet the same
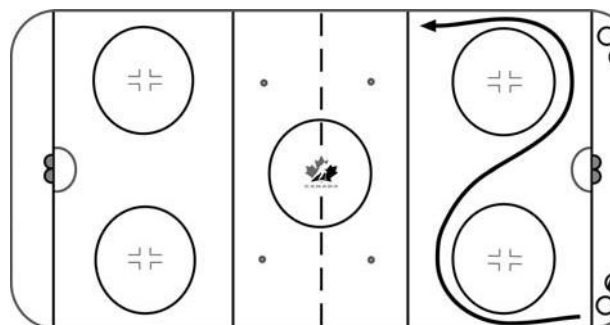
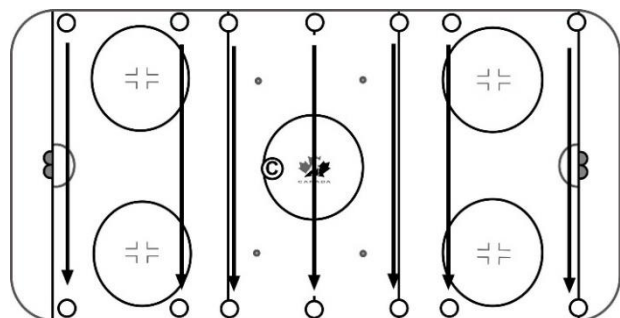| Drill Name & Description |
|---|
| **Skating – Forward Crossovers - Linear** |
| - This drill is a great way to improve a skaters agility and foot speed. |
| - By doing three quick crossovers to the left and right, the player is constantly changing directions. |
| - Younger players often forget to complete the crossover when attempting this exercise with speed. However, note that technique is more important than speed when performing this drill. |
| - Start with 2 or 3 crossovers each way, then progress to 1 crossover, then 2 forward strides, then 1 crossover the other way |
| |
| **Key Teaching Points** |
| - Maintain knee bend |
| - Try to keep head / helmet level |

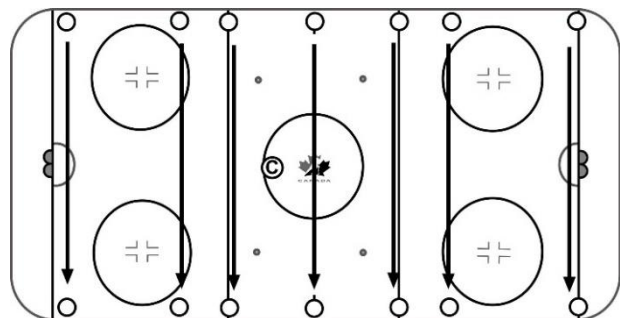| Drill Name & Description |
|---|
| **Skating – Backward Skating – C-Cuts** |
| - C-cuts are a basic skill that can help players develop their backward skating. The c-cut is an important skill to master because it is a necessary component of many other skills such as crossovers and propulsion while turning. |
| - The basic c-cut involves using one leg as the glide leg and the other as the drive leg. After a strong push by the toe of the skate, the drive leg must recover directly under the body next to the glide leg. |

Drill Name & Description
Skating – Backward Skating – Inside Edges
- This is basically alternating c-Cuts backwards except the skater is changing legs much quicker.
- It is almost jumping from skate to skate, with a short glide in between.
- This helps to develop power
Key Teaching Points
- Eyes up
- One hand on stick

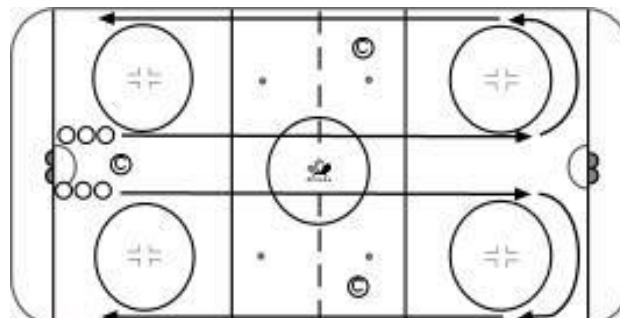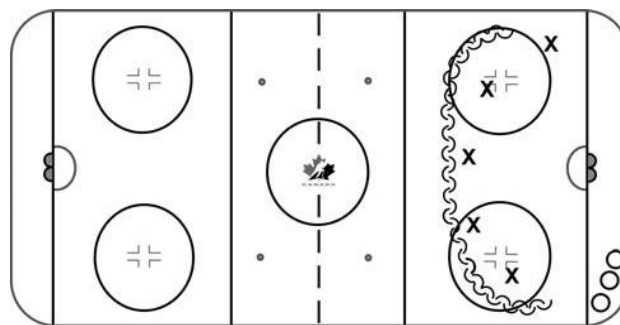| Drill Name & Description |
|---|
| **Skating – Backward Skating** |
| - Backward skating is simply combining a series of c-cuts. |
| - A quiet upper body, without excessive arm movement is the key to performing this drill efficiently. |
| - Alternate legs, strong c-cut (half heart) push then recover underneath and then use the other leg. |
| |
| **Key Teaching Points** |
| - Head up |
| - One hand on stick |

Drill Name & Description

Skating – Backward Skating – Backward Crossovers

- Crossovers backward are usually used only by defencemen during games, but it is important that all players be able to perform them as equally well as forward crossovers.
- The skill starts by picking up the outside foot and bringing it across and in front of the inside foot.
- At the same time, the inside foot extends back and to the side creating a pushing force with both feet. The outside foot, which is now on the inside of the body, pushes outward.
- Utilize a half circle pattern as it is more applicable to a game type situation

Key Teaching Points
- Eyes / Head up
- One hand on stick

Drill Name & Description

Skating – Backward Skating – 1 Crossover Reach

- This technique helps to increase a player's speed when skating backward. When a player initiates a crossover move the outside foot should reach out as far as possible.
- Once the toe is planted, the reaching aspect forces the player to pull the rest of the body to the outside. This creates more power and momentum for the player to perform additional crossovers.
- Create two lines at the hash marks and skate down the middle of the ice and at the far end, turn towards the boards and perform the same skills coming back
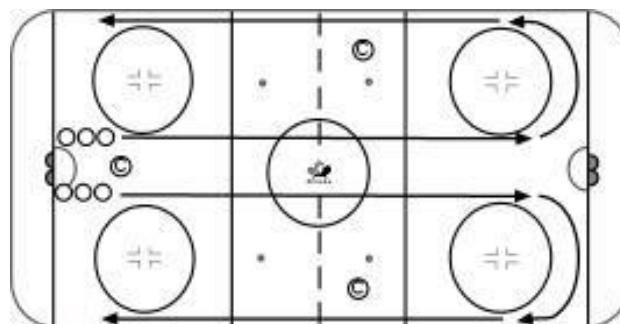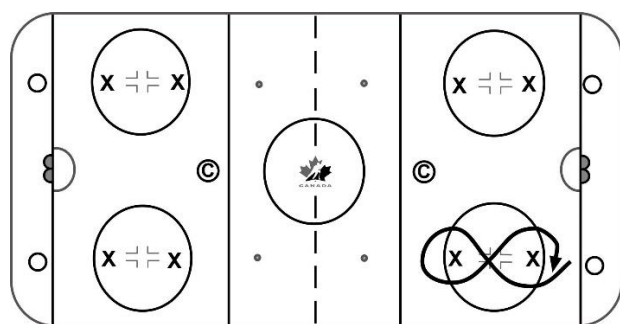

Drill Name & Description

Skating – Turning – Glide Turns

- Glide turns typically happen when a player is either not involved in the play or is getting ready to react to what is happening around them.
- It begins with the skates shoulder width apart and is initiated by the head and shoulders. Using a proper knee bend, the body must lean in the direction of the turn.
- It is important to follow the stick into the turn.

Key Teaching Points
- Turn head first, shoulders second
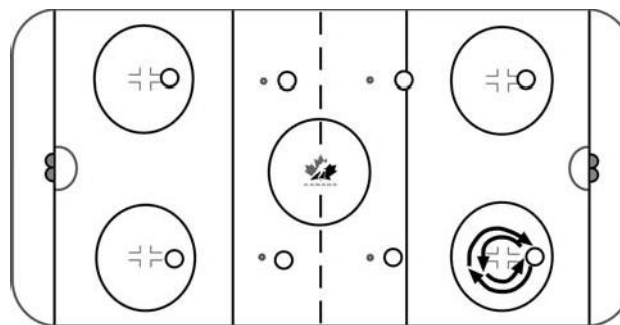- Maintain knee bend

Drill Name & Description

Skating – Heel to Heel

- This is a progression in pivoting that enables a player to always be facing the play.
- In performing this skill the player picks up the inside foot and rotates it 180 degrees, then places it back on the ice so that the heels are facing each other.
- The other foot is then brought up and rotated 180 degrees so the feet are once again parallel.

Key Teaching Points

- Bend the knees and open the knees – this will place the skates in the proper position
- Use the dot in the circle to place the stick on to help with alignment and balance
- Push with back foot, glide on front

Drill Name & Description

Skating – Heel to Heel

- This is a progression in pivoting that enables a player to always be facing the play.
- In performing this skill the player picks up the inside foot and rotates it 180 degrees, then places it back on the ice so that the heels are facing each other.
- The other foot is then brought up and rotated 180 degrees so the feet are once again parallel.
- Front foot must stay pointed forward

Key Teaching Points

- Bend the knees and open the knees – this will place the skates in the proper position
- Use the line of the circle to act as a guide
- Push with back foot, glide on front
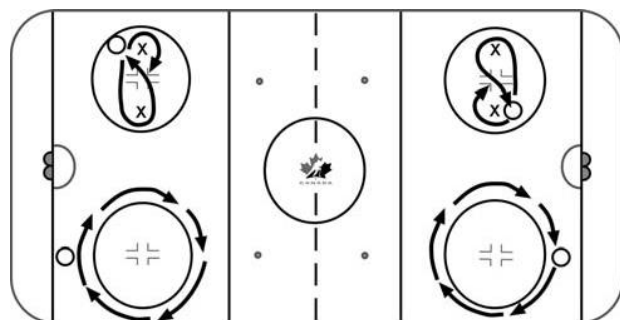
Drill Name & Description

Skating – Transition – Heels First

- Focus on heels first transition from forward to backward
- This is used when containing the rush
- Allow one crossover after pivot then get into backward stride
- On transition from backward to forward "ride" and do not cross feet
- On backward to forward pivot, lift the foot in the direction you are going and "load" the other foot

Key Teaching Points

- Have a good knee bend for balance
- Keep chest and toes up ice
- Limit the crossing of the feet as much as possible
- Keep their head up, shoulders back and toes up ice
- Heels and hips first to turn
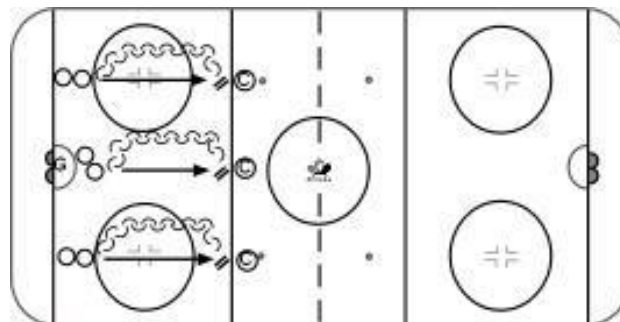
Drill Name & Description
Skating – Transition – Toes First
- Focus on toes first transition from forwards to backwards
- This is most often used when aggressively closing the gap
- Point toes, "unload" and then start backward stride
- Allow one (or none) crossover after pivot then get into bwd stride
- On transition from backward to forward, players "ride" and try not cross feet
- On backward to forward pivot, lift the foot in the direction you are going and "load" the other foot
Key Teaching Points
- Good knee bend for balance
- Keep chest and toes up ice
- Limit the crossing of the feet as much as possible
- Keep head up, shoulders back and toes up ice
- In shifting from forward to backward, "unload" your weight before skating backwards
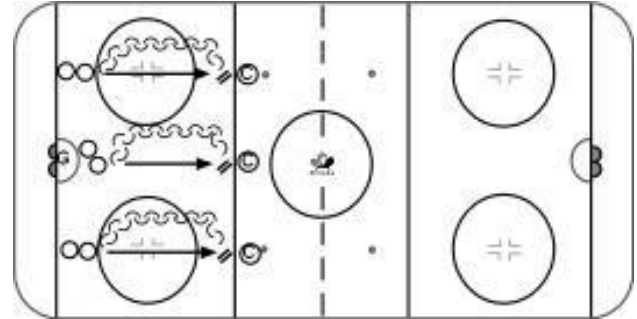
Drill Name & Description
Skating – Forward Crossovers
- Bwd to fwd and fwd to bwd pivots allow a player to change directions without modifying speed. Before a player performs either of these pivots, their weight must be over the glide leg.
- To make a backward to forward pivot, a player must rotate their drive skate 180 degrees outward and place it down on the ice.
- Following a simultaneous rotation of the head, shoulders, and hips the weight is then transferred rapidly to the rotating skate while the glide skate rotates 180° becoming parallel to the rotating skate.
- To make a forward to backward pivot the actions are similar except the player will need to rotate their drive skate almost 270 degrees.
Key Teaching Points
- Skaters line up in tow lines at the hash marks and skate down the middle of the ice, performing pivots both ways
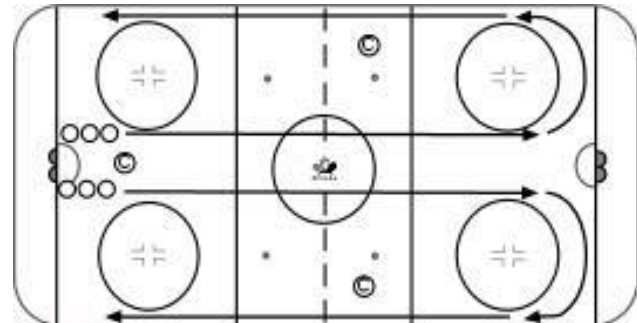
Drill Name & Description

Skating – Starting / Stopping

Front V-start
- The front " V Start " is an explosive start that allows a player to quickly reach maximum speed. The players' centre of gravity should be shifted forward with weight placed on the inside edges of the toes of the skates. The heels of the skates need to be close together, with the knees and ankles flexed. As the number of strides increases, the player takes progressively longer strides, pushing more to the side rather than to the back. The body should gradually straighten up as speed increases.

Crossover start
- The crossover start is basically a V-Start preceded by a crossover action of the leg.
- Players will usually use a crossover start when need to start rapidly after a two-foot parallel stop or from a stationary position.
- It is also used when a player is perpendicular to the direction they wish to go.

Backward c-cut start
- A Backward C-Cut is used to initiate backward skating from a stationary position without turning one's back to oncoming opponents. Starting from the basic stance, the heel of the driving leg should be turned outward as far as possible. The thrust of this start comes from the toe of the skate.

Backward crossover start
- The backward crossover start is a very effective method of accelerating rapidly from a stationary position. Starting from the basic backward stance, the hips and trunk turn slightly toward the direction of the crossover while the head remains facing forward. The outside leg starts with a c-cut and then crosses over in front of the inside leg.

One o'clock – eleven o'clock stop
- This skill gets its name because the right skate pushes out toward a one o'clock position and the left skate toward an eleven o'clock position.
- To properly execute this stopping technique, the heel of the skate needs to be turned outward and the toe of the skate turned inward.
- The player should maintain a deep knee bend while keeping their back straight and their weight on the balls of the feet.

Two-foot parallel stop
- The two-foot parallel stop is an excellent way to stop quickly.
- At the beginning of the stop, the knees should be bent beyond the toes of the skates and the weight distributed as evenly as possible over both skates. There should not be any upward extension of the body before rotating as this makes it difficult to apply sufficient pressure to the blades.

One-leg backward stop
- The one leg backward stop is commonly used because upon completion the player is in a forward T-start position.
- To properly perform this manoeuvre the body should be bent forward with the weight of the body on the rear leg. At the end of the stop, the knee of the back leg should be flexed and ready to move in any direction.