

02/02/25



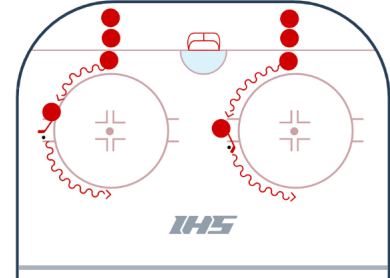
Sunday, January 26th, 2025

Circle Warm Up Series

Details:

The Circle Warm Up Series is a series of skating & puckhandling exercises that helps a player practice common movements that appear during the course of a hockey shift (forward & backward skating, tight turns, escapes, pivots, stopping, and more. All you need is a puck and the lines of the circle. No cones are needed!

The video above from NewEdge Hockey Development shows 10 movements that can be practiced. However, it should be noted that a coach can pick as many or as few of the movements above that they want. Coaches can also add in modifications based on skill level. Only use one puck during the warm-up. If a player loses a puck, they are responsible for getting it back into the warm-up.



Coaching Points

- Underhandle the puck
- Head-up
- Verbally communicate with teammate (call for pass) and use non-verbal communication (show where you want the pass by having your stick on the ice).

Warm Up Movements (Shown In Video Above)

- 1 Stop at top of the circle, tight turn at hash & wheel
- 2 (Same as above, but opposite side) Stop at top of the circle, tight turn at hash & wheel
- 3 Skate to top of the circle, pass & receive, skate to hash, tight turn & wheel
- 4 Skate to top of the circle, pass & receive, escape to hash, 10 & 2 footwork
- 5 Receive pass, stutter stop step at top, wheel
- 6 Receive pass, stutter stop step at top (wide reach), wheel
- 7 Skate to hash, face-off dot, top of circle, hash, face-off dot
- 8 Pivot at hash, face-off dot, pivot at top circle, hash, pivot at face-off
- 9 Backwards skating one touch passes
- 10 Verspeed wheeling around the circle

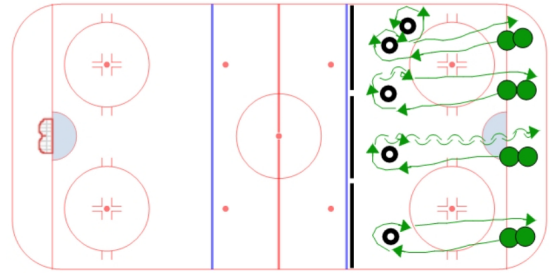
Length Of Time: 10 Mins

Station Number: 1

Tire Turns Progression Skating Station

Details:

This station skating drill allow players to work on a progression of turns and progress at their own pace. The players can be divided up into four groups with each group starting at a station. Allow players to try each station with instructions from the coach and then players can go to the station appropriate for their level. Station 1 is just a basic control turn around the tire and then forward strides back to the goal line. Station 2 the players transition to backwards around the tire and skate backwards to the goal line. Station 3 is very similar to station 2, the players transition around the tire but transition back to forward shortly after they have transitioned to backwards around the tire. Station 4 includes two tight control turns in opposite directions. The players that do this station should be very good at basic control turns.



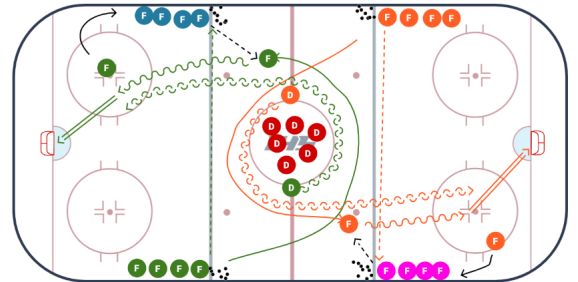
Length Of Time: 10 Mins

Station Number: 2

Around the world

Details:

1. D at centre ice. 4 lines of F on corners of blue.
2. diagonally opposite F make a pass to line opposite them. e.g. Green F to blue F. and Orange F to Pink F.
3. F then skate round centre ice. Simultaneously 2 D step out on red, and shadow F around the centre ice. Following the F that started on your side of ice, E.G. Green D and green F. Orange D and orange F.
4. Line F skating passed to, passes back, (before the blue to avoid offside) E.G. Blue F pass back to Green F.
5. D still shadows the F, F now has to beat the D and shoot.



Alterations:

- 1 on 1
- 2 on 1
- 2 on 2
- 3 on 2
- 3 on 3.

Avs B 2 on 1 Full ice horseshoe

Details:

Avs B 2 on 1 Full ice horseshoe

1: D start at centre ice with pucks. F start in diagonally opposite corners of the rink.

2: D dump puck into corner where F aren't

3: F1 and F2 skate, one collects loose puck, other supports puck carrier.

4: D step out at red line, and skate backwards, trying to cut off passing lane.

5: F1 can pass to F2 or take a shot. F2 should make space for pass, or crash net.

