

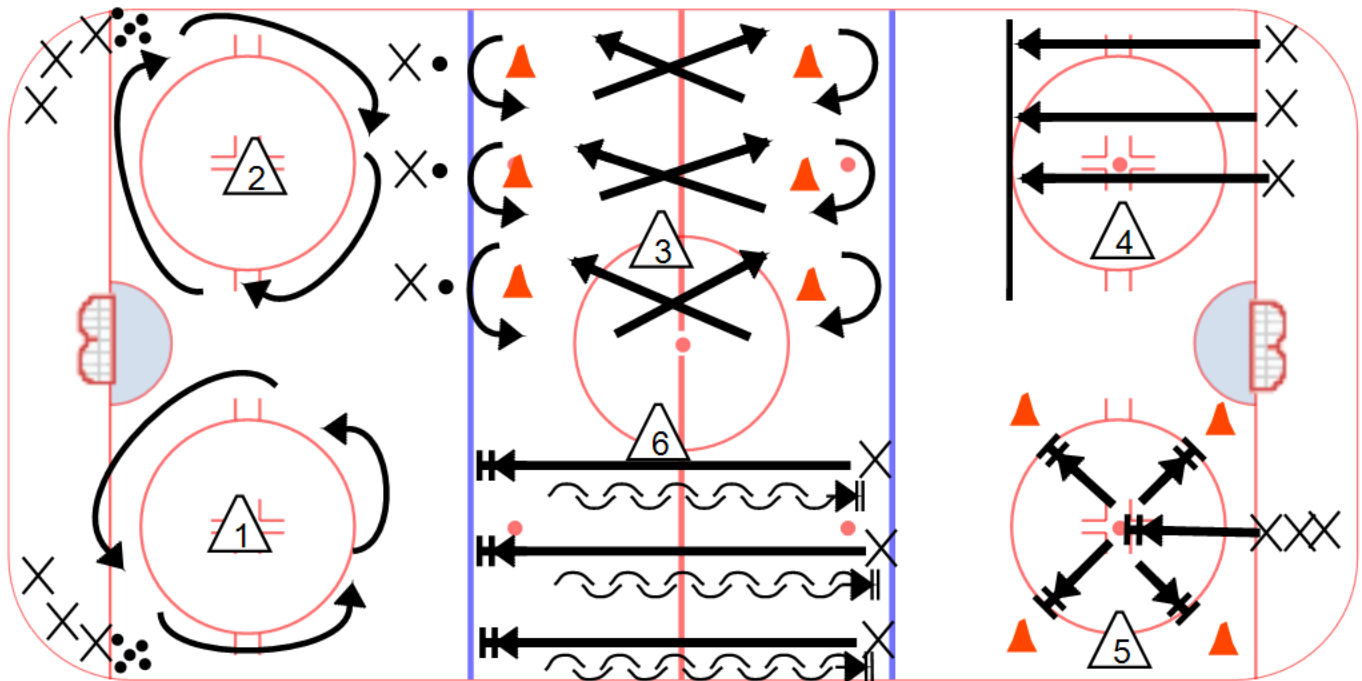
Category #1 : COACH MANUAL

Title : QUICK FEET TRANSITION SKATING

Category #2 : CIRCUIT

Content elements :

Components:



Key points :

QUICK ACCELERATION

WORK WHISTLE TO WHISTLE

CONCENTRATE ON TECHNIQUE

SPPED IN TRANSITION

### Description

This circuit is designed to work on all players multi directional skating. This is a timed circuit with set work time and set rest time. Start at 30 seconds work, 30 second rest, increase by 10 seconds for a max of 60 seconds. You must have a stopwatch to monitor the time affectively. If you have associate coaches give them specific stations to watch and specific feedback to give.

1. Cross overs to the left top of circle is forward the bottom is backwards.
2. Cross overs to the right with top of circle forward then bottom is backwards.
3. Figure 8 with regular tight turns or open hip turns.
4. "Walk of Life". Players are on there hands and toes only and must crawl to the top of circlce and back as many times as they can in the work time allotted.
5. stops and starts. Skate to dot, then execute one or two foot stop. Accelerate to cone, back to dot, to next cone and repeat until done. Next player goes when first player is half way complete. Reverse the circlce the second time.
6. Players accelerate forward to blue line, execute full stop to the right, accelerate backwards to opposite blue line. The next time stop facing the left. Repeat until work time is complete.

Progression: Add pucks