

# House Skills and Conditioning Practice Plan

The goal of these practices is develop good skating mechanics which will ultimately make hockey more fun for the players. Moving from one skill before a player has mastered the technique is not beneficial to the player. Coaches should focus the first practice mostly on forward strides, edge work and crossovers. Forward strides and edges should be performed in some fashion at nearly every practice.

As the players master the skills move on to more challenging skills such as backwards skating, edges, crossovers. The focus during the drills should always be correct technique BEFORE speed. Players may find these drills are “boring” and should be reminded that the fastest way to get through the drills and on to the “fun stuff” is to demonstrate that they mastered the skills.

Pucks can be added to all the forward stride and edge drills to further challenge the players. This should not be done unless the players are proficient at the skills as technique will break down quickly when they are forced to think about a puck while skating.

Skills and conditioning practices can end with 10-15 minutes of “free time” or small area games as a reward for working hard and demonstrating skill proficiency.

## **Forward Skating**

Click [HERE](#) for demonstration of forward stride

- One Leg Push to the Side One Hand on Stick (Right Leg/Left Leg)
- One Leg Push to the Side Two Hands on Stick (Right/Left Leg)
- Alternate Legs to the Side Two Hands on Stick
- Alternate Legs to the Side One Hand on Stick
- Sprint to Blue Line (start with both feet on the goal line)
- Repeat to the Red Line
- Repeat to the far blue line
- Repeat the length of the ice
- Inside edges – Click [HERE](#) to see a Demonstration of Inside/Outside Edge Drills
- Outside Edges

## **Backwards Skating (One Hand on Stick Glove Up)**

Click [HERE](#) for demonstration of backward stride.

- Right Foot Reach Out and Pull In
- Left Foot Out and Pull In

-Alternate Legs

-Full Speed the Length of the Ice Two Times

- Transitions 3 strides and transition to backwards transition to forwards at far blue line

- Inside and Outside edges backwards

### **Crossovers**

Click [HERE](#) for demonstration of forward crossovers

-Forwards around Circles (Weight on Heels)

- Practice edge work doing full circles slowly focusing on good form

- Add half circles with constant crossovers to build speed

Click [HERE](#) for demonstration of Backward Crossovers

-Backwards (Reach Inside Foot to the Middle)

- Practice backwards crossovers starting with one each direction, then two, then three

- Full circles backwards

### **Stops**

Click [HERE](#) for demonstration of Stops

### **Power Turns**

Click [HERE](#) for demonstration of Power Turns

### **Stickhandling (Hands off the Body-Weight on the Heels Eyes Up)**

-Stickhandle to the Front (Roll the Wrists)

-Stickhandle to the Side (Roll the Wrists)

### **Pairs Passing**

6 lines for 3 pairs

Short Passes Soft Hands the Length of the Ice

Follow Your Pass