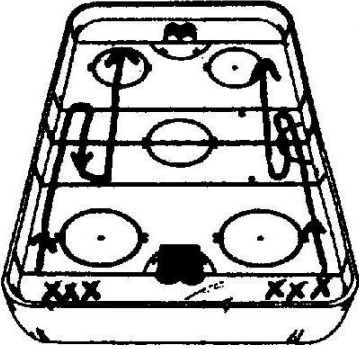

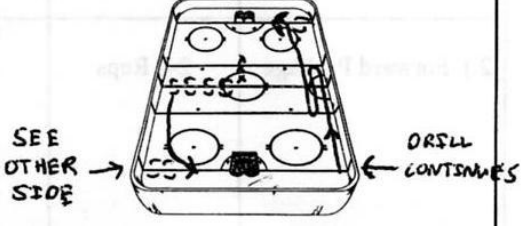





LEVEL 4 SEMINAR SKATING SESSION

ALL SKATING DRILLS ARE TO BE COMPLETED AT FULL SPEED!!!

DRILL	TIME/REPS	SKILLS VIEWED	DIAGRAM
1) Warm-Up	10 Minutes	None	Standard USA Hockey Silent Warm-up
2) Forward Package	2-4 Reps	Forward V-Start Acceleration Balance Forward Stride Control Stop Forward T-Start Hockey Stop	Groups of 3 Forward V-Start to the center red line – Control Stop, Forward T-Start to other goal line and execute Hockey Stop
3) Backward Package	2-4 Reps	Backward Start Acceleration Balance Backward Stride Backward T-Stop Backward V-Stop	Groups of 3 Backward Start to the center red line – Backward T-Stop, Backward Start to other goal line and execute Backward V-Stop
4) Pivot Turns	2-4 Reps	Front-Back Pivot Turn Back-Front Pivot Turn	Groups of 3 sprint from goal line to goal line, executing a pivot turn at each blue line. Next group can go when first group crosses far blue line
5) Control Turns	2 reps	Control Turns	 <p>Two participants go at the same time. Start at one end zone and forward skate to 2nd NZ FO spot. Do control turn back to 1st NZ FO spot. Execute Control Turn and skate to far end of ice. Each turn should always be toward the center of the ice surface. Next two can go when first two turn at nearest NZ spot.</p>

DRILL	TIME/REPS	SKILLS VIEWED	DIAGRAM
6) Cross-unders	1-2 Forward 1-2 Backward	Forward Crossunders Backward Crossunders	 <p data-bbox="922 489 1539 663">The participants form a line in one corner and will skate half circles around each of the face-off circles, executing cross-unders. Next person in line can go when person in front crosses far blue line.</p>
7) Total Package Drill with Delay Signal	1 Rep each participant	Acceleration Balance Control Stop Forward Stride Backward Stride Control Turn	 <p data-bbox="922 926 1539 1289">Two participants go at same time, starting from center ice face-off circle. Backward skate to boards and open up to skate into zone. When crossing blue line, raise arm for delay signal. Skate to goal line position, execute control stop. Backward stride to side boards and sprint out of zone. Execute Control Turn at each blue line and sprint into goal line position. Control stop, backward skate to boards and assess penalty. Next two participants can then go.</p>
8) Fitness – Timed Portion	1 Rep each participant	Balance Forward Stride Backward Stride	 <p data-bbox="922 1505 1539 1793">Two participants go at the same time. Start on goal line and skate forward to center red line – do control turn and skate forward back to EZ FO spot – do control turn and forward stride to far goal line – do a control stop and signal a goal. Backward skate to other end of ice. The time portion will be completed when they skate backwards through the end-zone face-off spot.</p>
9) Warm-Down	5 Minutes	None	Standard USA Hockey Warm-Down