



Fun Skating Drills

for your Next Practice

■ By Grace Schulte

Skating is an essential skill in hockey. After all, you can't really play if you can't skate. Even though skating is so important, learning how to strengthen your skating ability can seem tedious and mundane. You can only do so many Russian Circles and power turn drills before you start to feel like they're unimportant. Luckily, there is an excessive amount of unique power skating drills that you can bring to your coach. Next practice, ask them if you can try some of these out! These drills can be done with or without pucks.

One Leg Edge Holds

Start in the corner (any one of the four will do). Remember to have an explosive start, and skate towards the top of the circle. Once you reach the top of the circle, lift your right leg and keep it up as you follow the path of the circle. Challenge yourself to make it all the way around on one leg with your momentum! You can practice this drill on all four edges by changing which leg you hold up and which direction you go.

One Leg Slalom

Start on the goal line and face the other end of the ice. Take a couple of strides and start to balance on one leg. From here, make small and powerful "c" cuts from your inside to outside edges and vice versa to propel yourself forward. The secret to this drill is in the name. When a skier is slalom, they are transferring their weight side to side when they make a cut. Focus on your weight distribution and challenge yourself to master this skill on both legs!

Shoot the Duck

This drill is a little more popular. Start on the goal line again. Take a couple of strides, drop down into a pistol squat position, and hold as long as you can. The trick to this drill is finding your center of gravity. It might take a few tries, but it's great for practicing balance and control!

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