

# **F – Fitness and Agility Skating Manual - 2016**

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**<http://hockeycoachingabcs.com>**

## F-A3 Skating and Goalie Warm-up - Slovakia U20

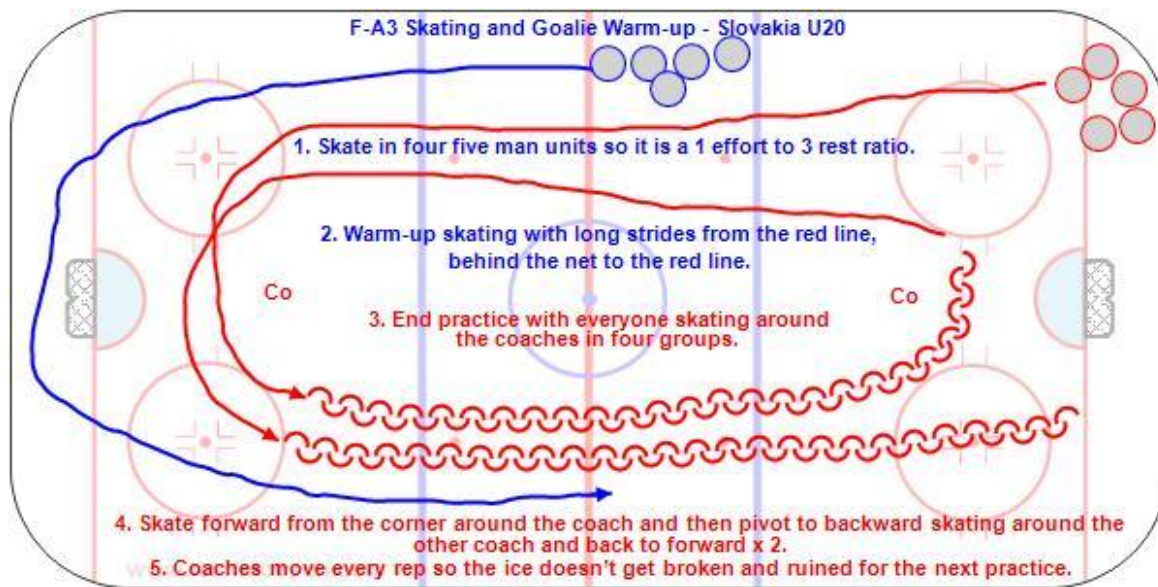
### Key Points:

Skate with long strides to warm-up before practice and conditioning at the end. Skate forward and backward. To warm-up the goalie the coach shoots at the four corners and five hole.

### Description:

1. Skate in four five man units so it is a 1 effort to 3 rest ratio.
2. Warm-up skating with long strides from the red line, behind the net to the red line.
3. End practice with everyone skating around the coaches in four groups.
4. Skate forward from the corner around the coach and then pivot to backward skating around the other coach and back to forward x 2.
5. Coaches move every rep so the ice doesn't get broken and ruined for the next practice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012081009064560>



## A2 Skating Agility-Balance-Power-Coordination Circuit U18

### Key Points:

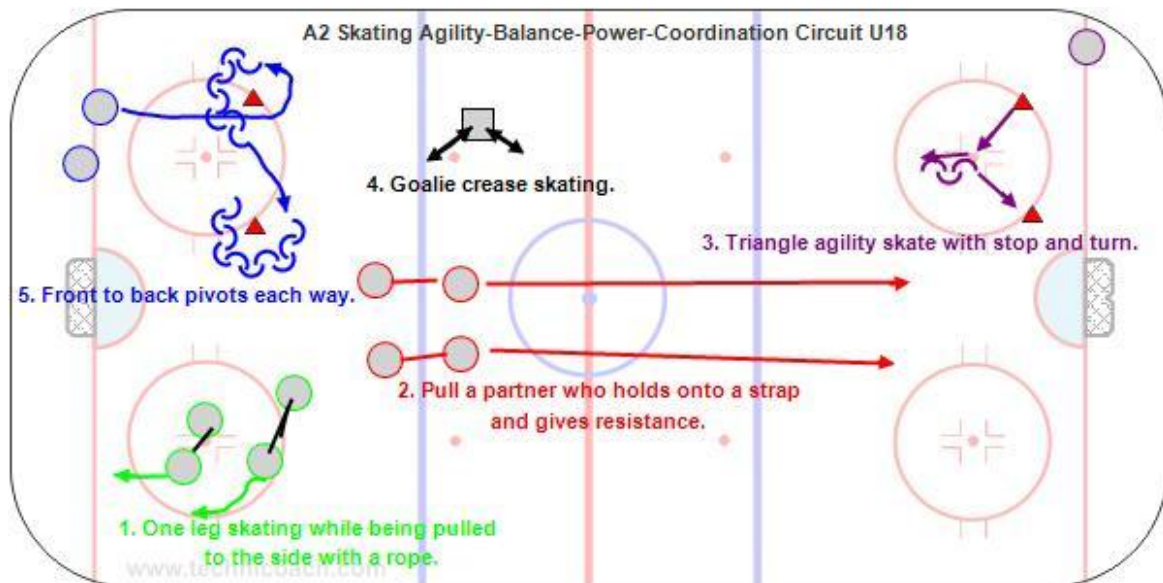
Focus on good technique with the weight over the middle of the blade and using as much blade on the ice as possible. Use the Chocktow Turn in the front to back pivots and cut small S's while on one foot.

### Description:

The players rotated through these stations.

1. One leg skating while being pulled to the side with a rope.
2. Pull a partner who holds onto a strap and gives resistance.
3. Triangle agility skate with stop and turn.
4. Goalie crease skating.
5. Front to back pivots each way. (Chocktow should be learned)

[mediagallery/media.php?f=0&sort=0&s=20120819123102221](http://mediagallery/media.php?f=0&sort=0&s=20120819123102221)



## A2 Skating for Quickness

### ***Key Points:***

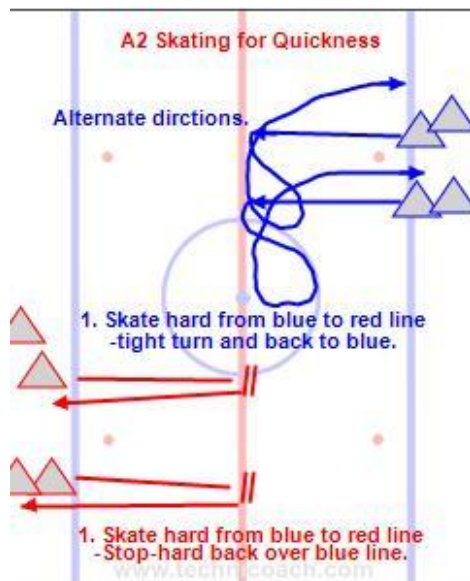
Hockey requires quick feet and agility to change directions. Keep the knees bent and use the outside edges.

### ***Description:***

1. Skate hard from blue to red line-Stop-hard back over blue line.
2. Skate hard to red line-turn inside-tight turn and back to blue.

Alternate directions.

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## A2-B202 Conditioning Agility Skate

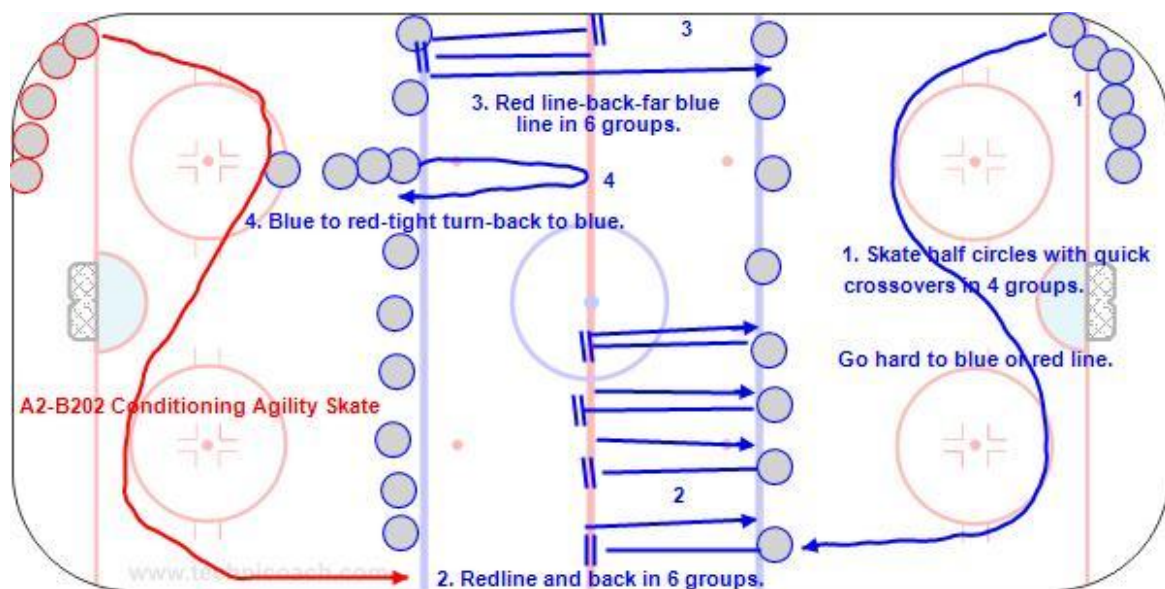
### **Key Points:**

Quick feet, shoulder leads in crossovers. Learn to turn with speed in both directions. A puck could be added.

### **Description:**

1. Skate half circles with quick crossovers in 4 groups. Go hard to blue or red line.
2. Redline and back in 6 groups.
3. Red line-back-far blue line in 6 groups.
4. Blue to red-tight turn-back to blue.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151041624>



## A3 Conditioning Skate

### **Key Points:**

D pivot and F start and stop

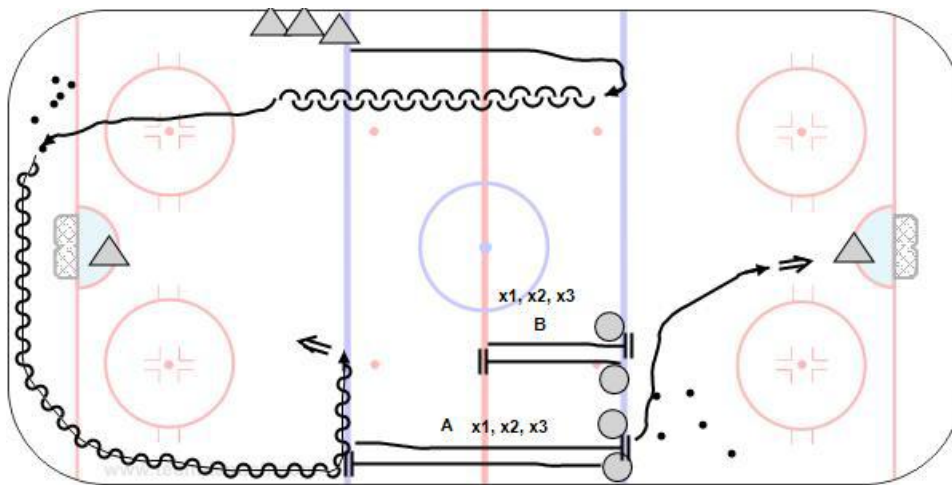
### **Description:**

The D skate hard to the far blue then power turn backward to the blue and mohawk to get a puck from the corner, take it to the blue line, walk the line and shoot from the point.

A. Forwards skate blue line to blue line stop and start x1 and x2, then blue to red in order x1, x2, x3. do 2 sets facing one way when they stop. You can add a shot after.

\*\* In the video section there are demonstrations of many drills focusing on skating for conditioning and agility.\*\*

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## A3 Quick Feet Conditioning Skate

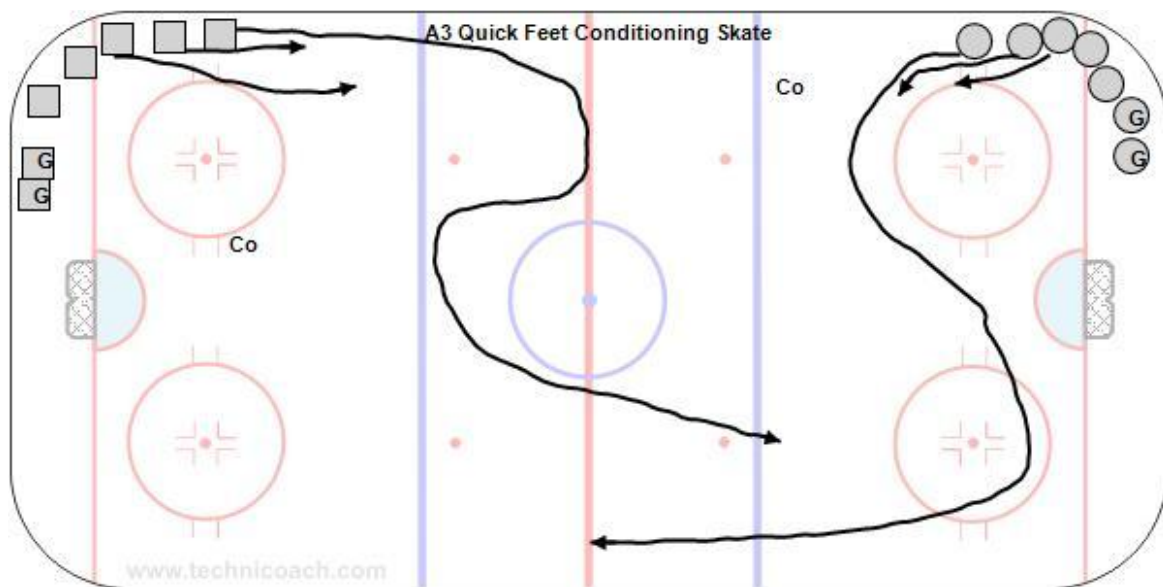
### ***Key Points:***

Player should keep their feet moving all the time. Coach move the pattern around the rink so you don't break the ice and ruin it for the next group.

### ***Description:***

1. Players leave in small groups with at least a 1:4 work rest ratio.
2. Skate a lateral S pattern do they turn both right and left.
3. Sprints should be less than 10 seconds.
4. Can also be done with pucks.

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## A200 Agility Skate - Pass - Shoot - U18F

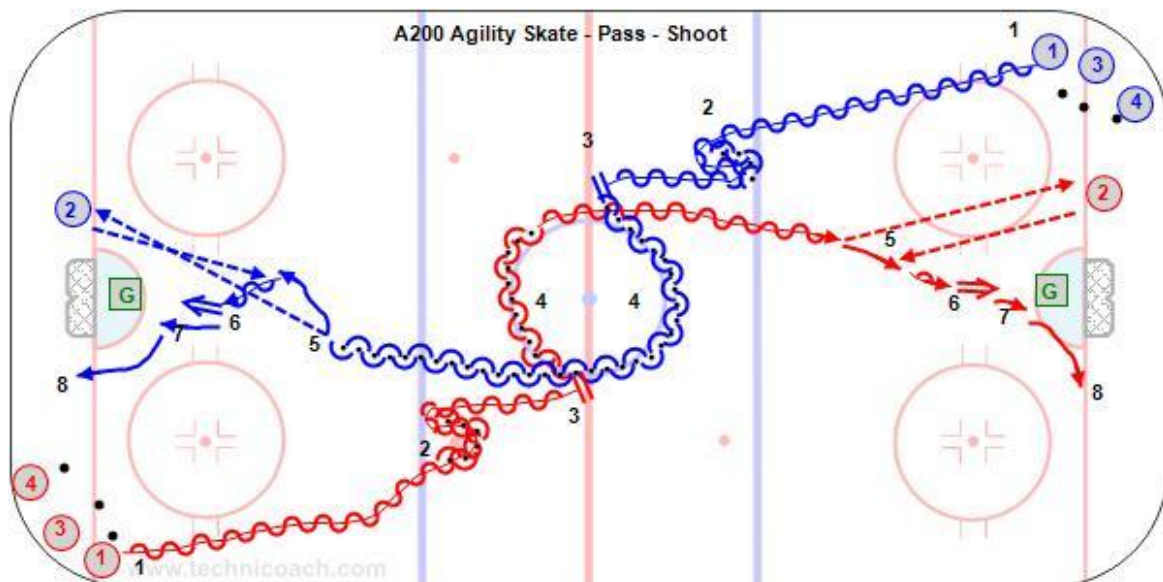
### **Key Points:**

First player skate at full speed with the puck. Pass hard and give a target for the return pass. Hit the net and follow the shot for a rebound. Keep the head up all of the time. Players leave on their own when the player in front crosses the far blue line.

### **Description:**

1. Leave with a puck from diagonal corners.
2. Transition skate hard around the face-off dot back to the blue line and up to the red line.
3. Stop at the red line.
4. Around the bottom of the circle while facing the far end.
5. Pass to 2 on the goal line and get a return pass.
6. Shoot.
7. Follow the shot for a rebound.
8. Skate to the goal line to give and go with the next attacker.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130213105522431>





## A200 Agility Skate and Puck Handle

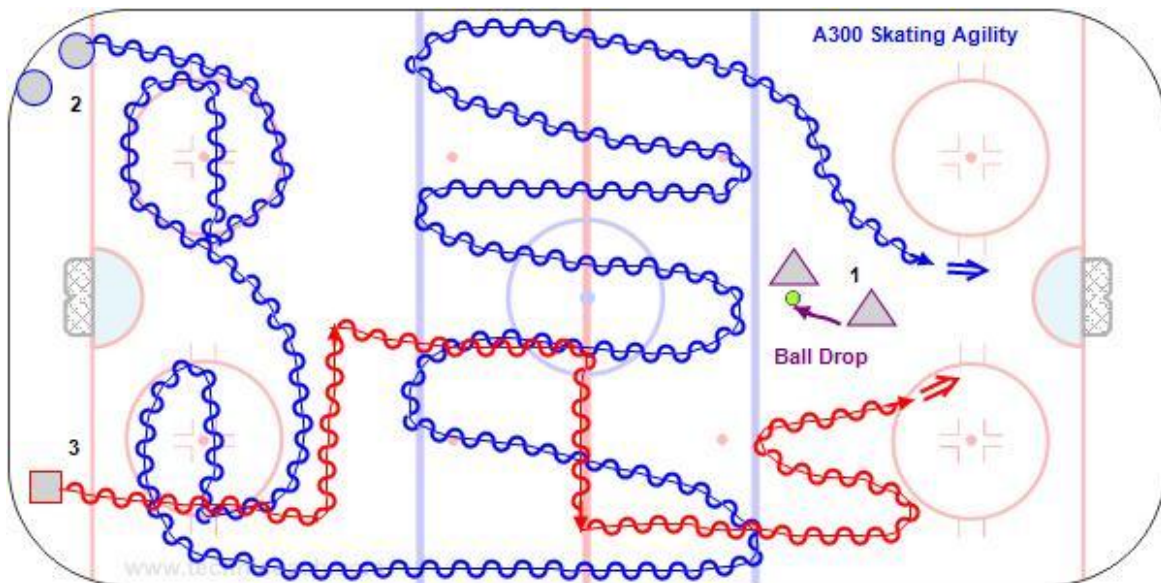
### **Key Points:**

Stress quick changes of direction while controlling the puck.

### **Description:**

1. One player drop a tennis ball and the other is about 5m. away and sprints to get it before it hits a second time.
2. Up-around top of circle-across-around bottom and then other circle. Forward and backward 3 times in nzone and then a shot.
3. Skate to top of circle, across-up-across red line-up and back from top of circle to blue line and then shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120903095622211>



# B500 Agility Skating

## **Key Points:**

Keep the feet moving in a good balance position.

## **Description:**

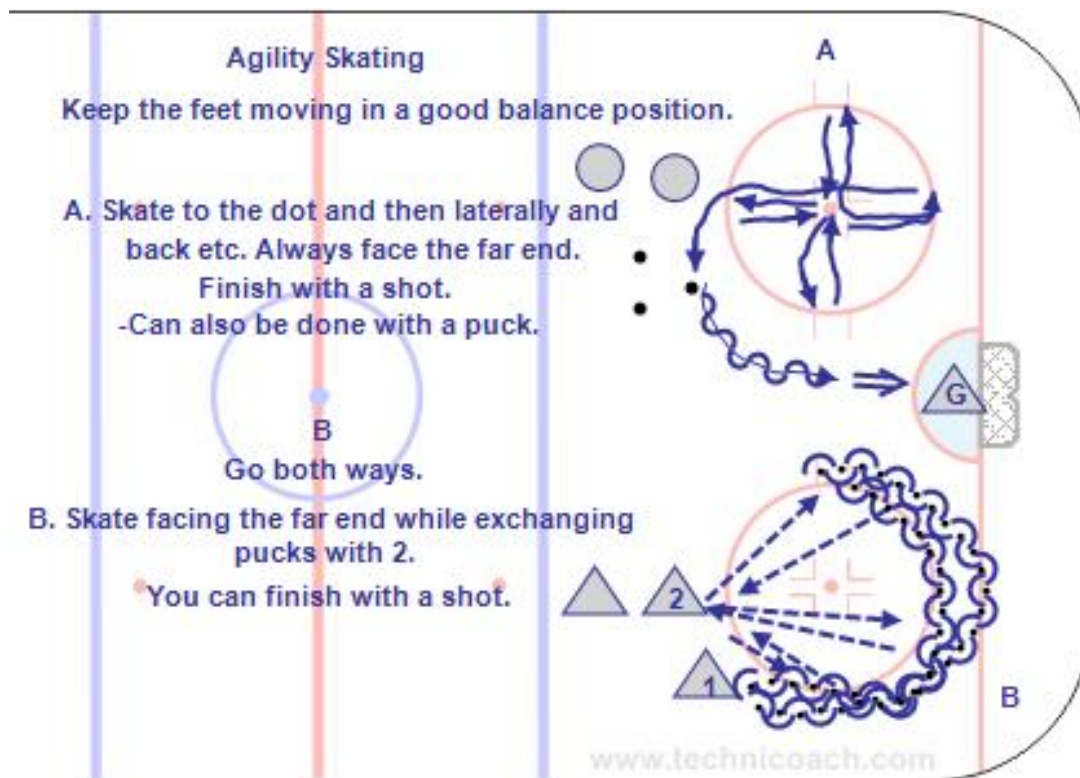
A. Skate to the dot and then laterally and back etc. Always face the far end.  
Finish with a shot.

-Can also be done with a puck.

B. Skate facing the far end while exchanging pucks with 2.

Go both ways.

You can finish with a shot.



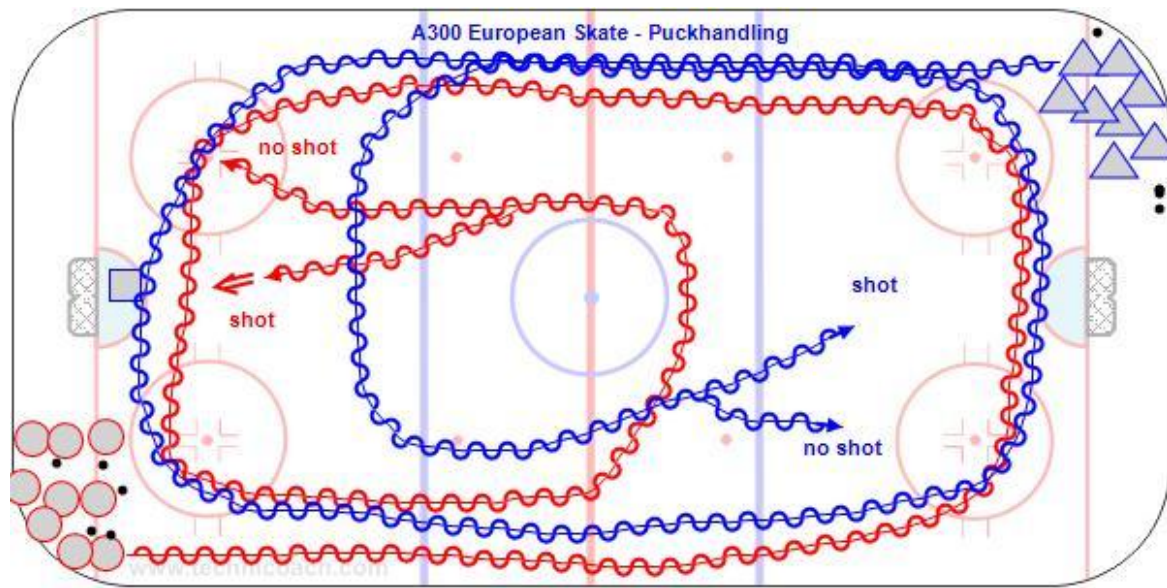
## A300 European Skate - Puckhandling

### Key Points:

- Quick feet, crossovers.
- Push the puck on the flat sections.
- Accelerate on the turns.
- Control and protect the puck on turns.

### Description:

- Groups of 3-4 players leave on the whistle and skate with the puck 1.5 laps.
- An extra half lap can be added and finish at the opposite end.
- Repeat 4 times, 2 forward and 2 backward.
- Both groups or only one group at a time can leave.



## A500 - Skating Agility and Skills Circuit – Pro

### Key Points:

Keep the feet moving when carrying the puck and passing. Carry in the triple threat position and don't cross the hands on the tight forehand turn if under pressure.

### Description:

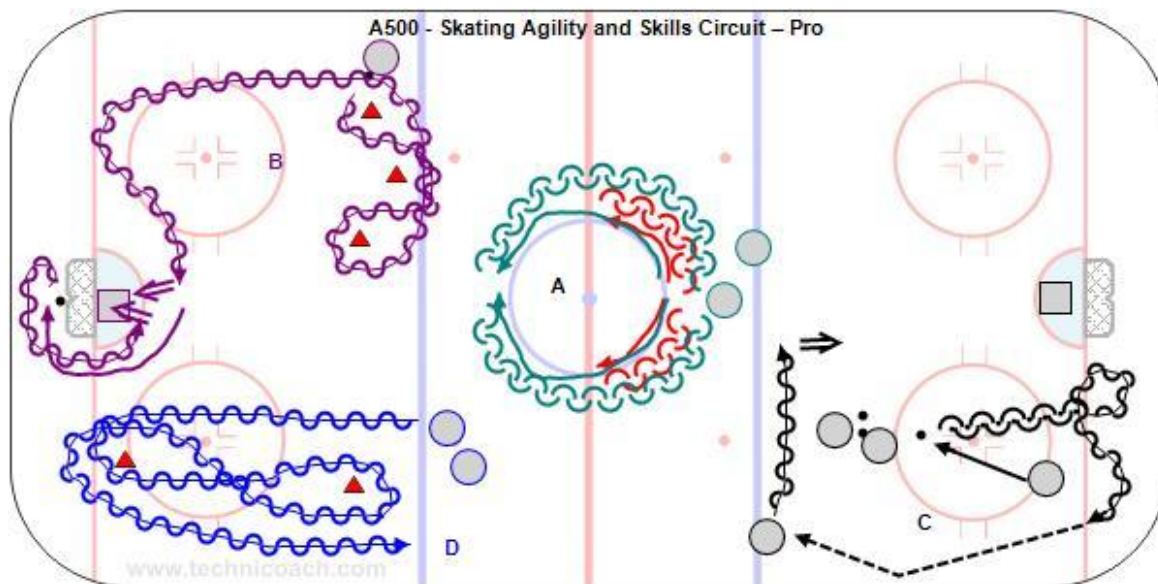
A – Skate around the circle facing the dot. Left  $\frac{1}{4}$ ,  $\frac{1}{2}$ , Right  $\frac{1}{4}$ ,  $\frac{1}{2}$ . Alternate between forward and backward skating.

B – Weave through 3 pylons near the blueline, cut in from below goal line-shoot, get a puck behind the net and walk out-shoot.

C – Defensemen skate to top of circle, get a puck and skate back, tight inside turn, skate toward the corner and pass to the pointman-drag and shoot.

D – Leave with a puck from the blue line and skate to the goal line. Skate a figure 8 starting outside then turn inside at the blue line, outside low and hard to the blue line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150719104730786>



## F - Agility Skating - RB Pro 2

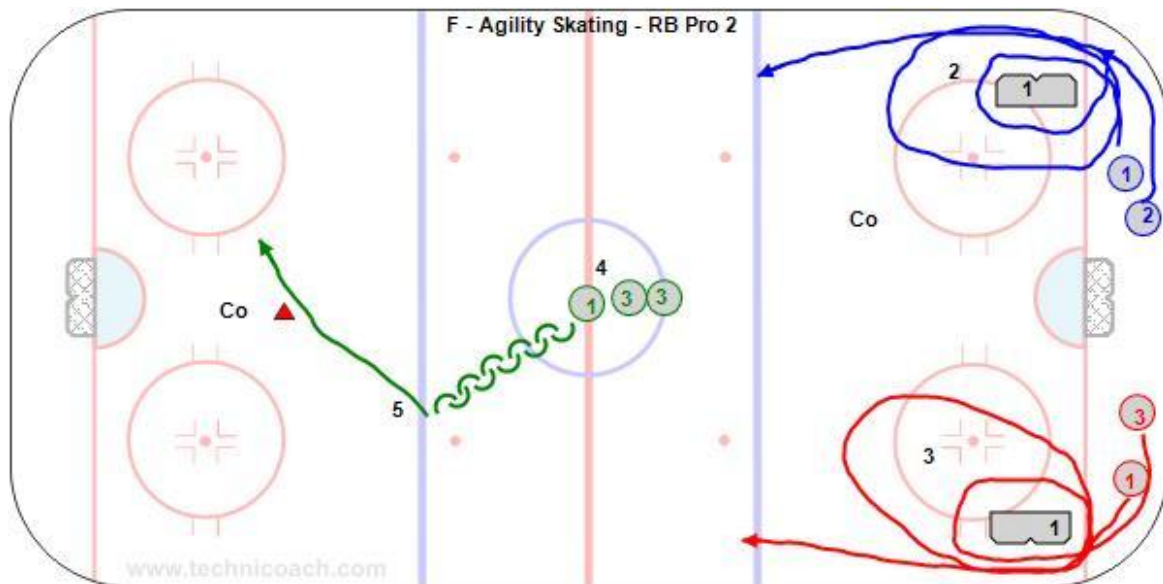
### Key Points:

Stay low and turn the inside shoulder into the turn. Keep the feet moving and open the hips in the backward pivot.

### Description:

1. Nets are in the corners.
2. Two players skate around a net with a tight circle then a bigger circle and hard to the blue line.
3. Repeat in the other direction around the net in the other corner.
4. Defensemen skate from the blue line backward at a 45 degree angle.
5. Pivot to the inside to a glove in the middle at the top of the circles.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150709225531745>





## F - B6 2-0 Disguised Skate - Pro

### **Key Points:**

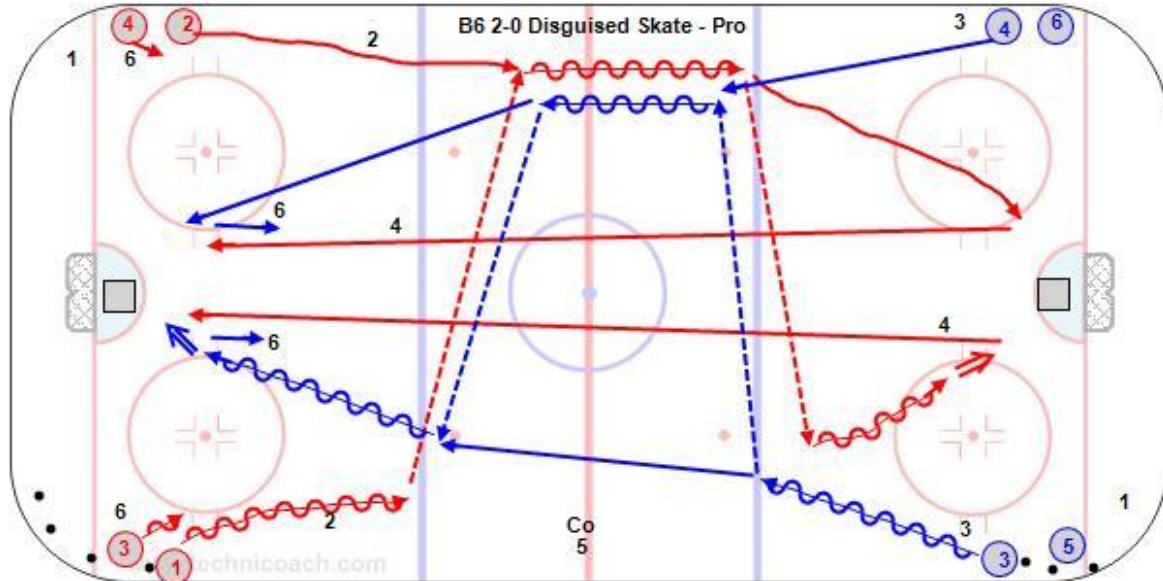
Skate at top speed on the rush and make at least 2 passes. Crash the net for a rebound. Backcheckers tie up sticks on loose pucks.

### **Description:**

1. Players start from the corners.
2. Players 1 and 2 attack 2-0.
3. On the whistle players 3 and 4 attack 2-0 with a new puck.
4. Players 1 and 2 backcheck hard to the slot and cover one player each.
5. Coach should allow a second shot if there is a rebound before whistling.
6. Continue this flow and each group 'Keep Score' and see which two players score the most.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130924143910997>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014070621573283>



## B6 Pass, Agility Skate, Shoot, Rebound

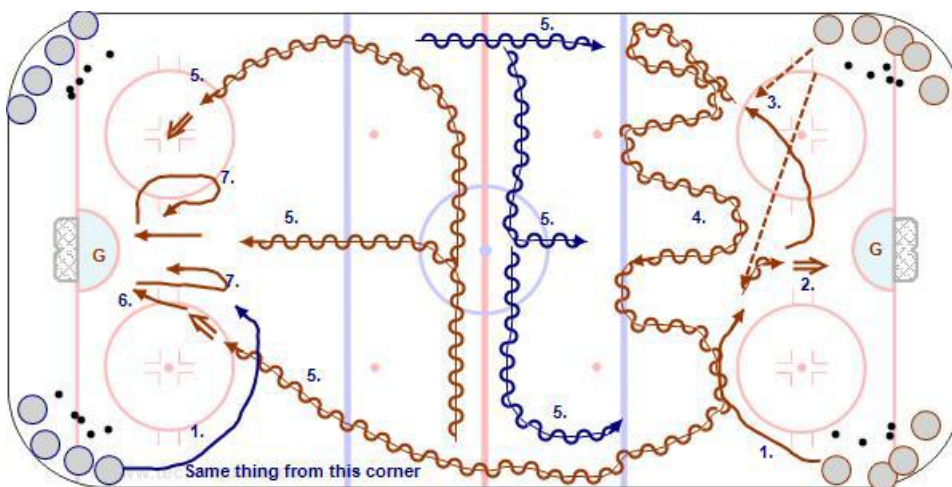
### **Key Points:**

Groups of 3 leave from diagonal corners, switch corners each time so the skating direction varies.

### **Description:**

1. One player from each corner leaves.
  2. Take a pass from the far corner and shoot and follow the shot for a rebound.
  3. Get another pass.
  4. Weave 3 times from blue to top of circles
  5. Fill near, middle and wide lanes after crossing red line with the puck.
  6. Shoot and follow the shot for a rebound.
  7. Circle back and go in with next shooter and rebound.
- Vary the kind of weave skating, Call for passes, Do one rep in overspeed. Can start with only skate and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20091019154513105>





## A2-B202 Conditioning Agility Skate

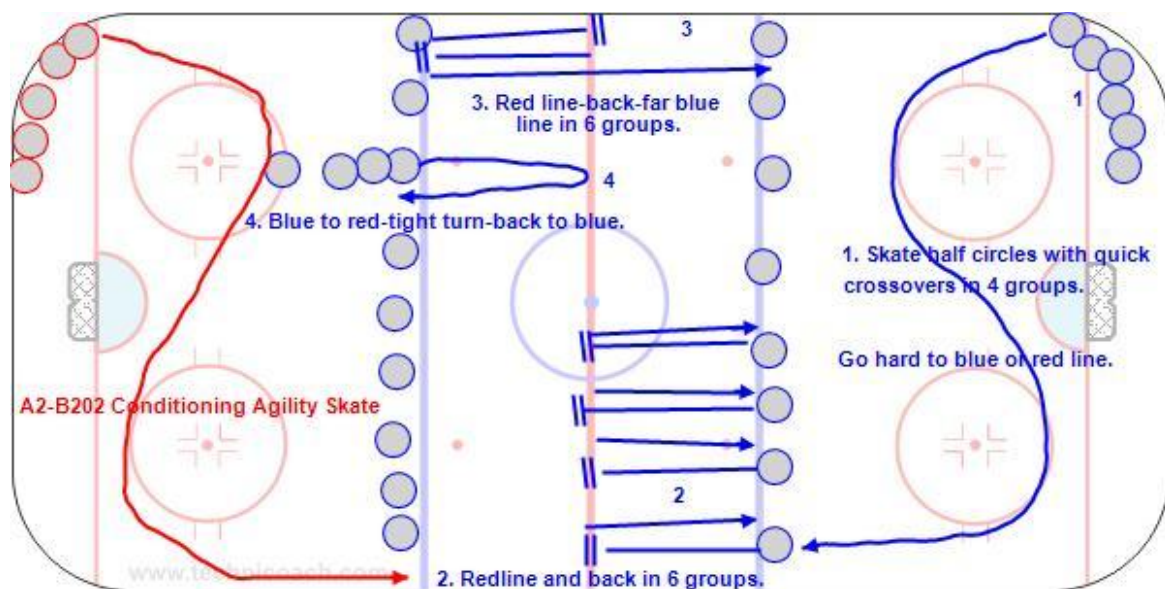
### **Key Points:**

Quick feet, shoulder leads in crossovers. Learn to turn with speed in both directions. A puck could be added.

### **Description:**

1. Skate half circles with quick crossovers in 4 groups. Go hard to blue or red line.
2. Redline and back in 6 groups.
3. Red line-back-far blue line in 6 groups.
4. Blue to red-tight turn-back to blue.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151041624>



## B202 Skating for Quickness and Re-focus

### ***Key Points:***

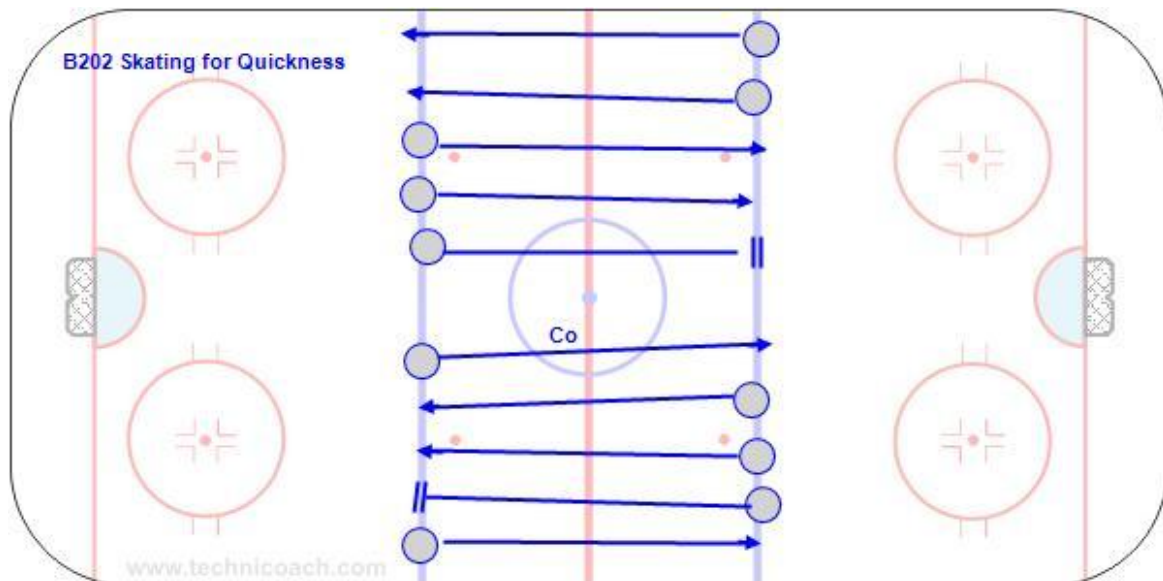
Running start with the toes out and a deep knee bend. Burst through the neutral zone as fast as possible.

The skate in the video was to increase the intensity in the drill they were doing at half speed and is a tool the coach can use to refocus practice.

### ***Description:***

1. Players skate through the neutral zone as fast as possible on the coaches whistle.
2. Do 1 time skate a 3 times rest ratio.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102320887>



## B600 Skating for Quick Feet

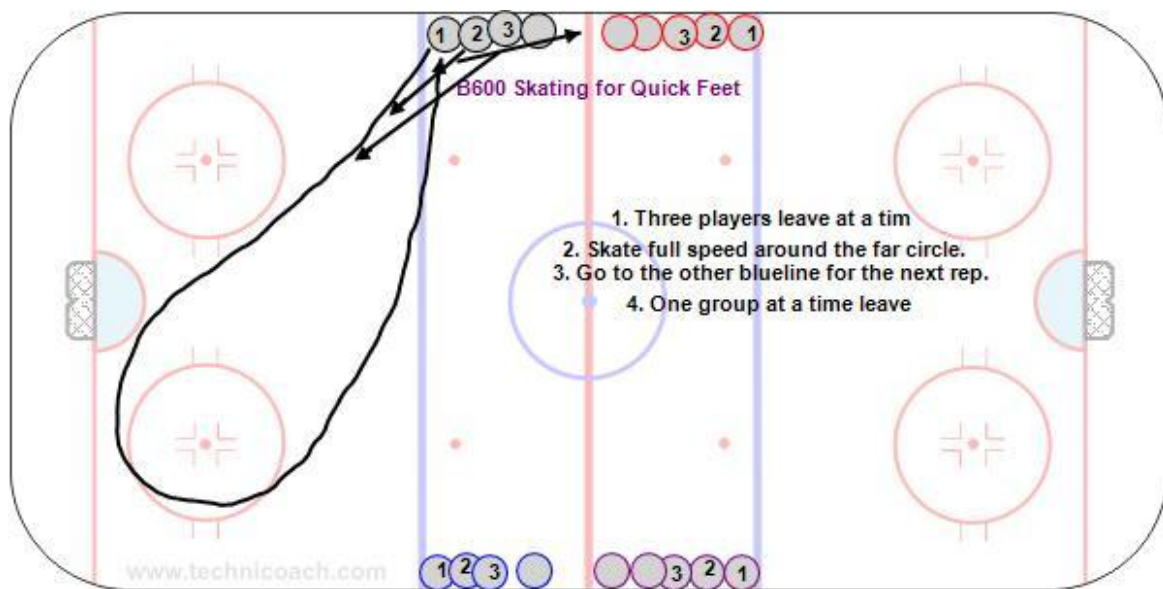
### ***Key Points:***

Keep the feet moving all the time. The body follows the shoulder turn on crossovers.

### ***Description:***

1. Three players leave at a time.
2. Skate full speed around the far circle.
3. Go to the other blue line for the next rep.
4. One group at a time leave.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100915073922633>



## G Conditioning and Goalie Technique

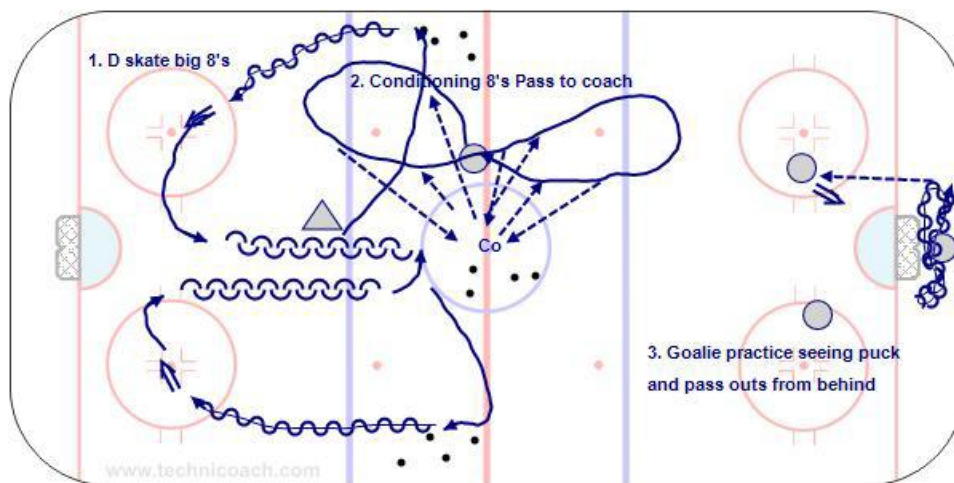
### **Key Points:**

Skate all directions and pivots.

### **Description:**

1. D get a puck from the red line, skate in and shoot, Backwards thru middle lane, get a puck from other side at the red line, skate in and shoot.
2. Lateral figure 8's, facing the coach and exchange passes.
3. Player behind net go from side to side and pass out or walk out for a shot. Goalie read movement.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721091306599>



## F – Full Length Ladder Skate and Test

### **Key Points:**

Skate all the way to each line before going the other way. A good practice is to always face the same wall when stopping so you do it each side. At least 4 groups. Can be a fitness test.

### **Description:**

1 – First blue line and back.

2 – Red line and back.

3 – Far blue line and back.

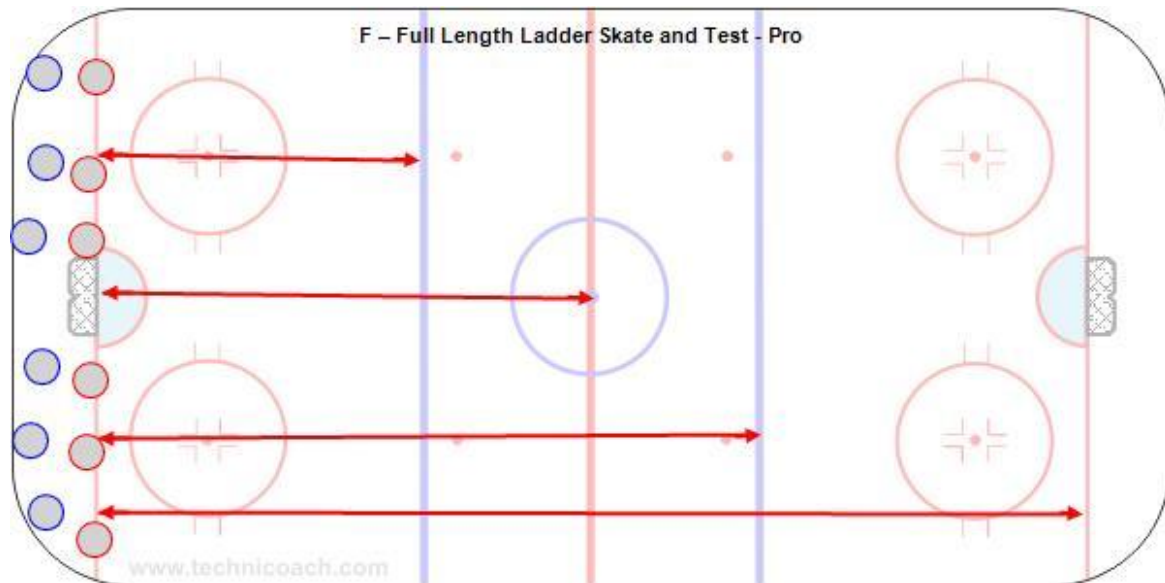
4 – End and back.

*F - Ladder Fitness Test - Prospects*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708225545438>

*F - Ladder Skate – Pro*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706224727807>



## A2-B202 Conditioning Agility Skate

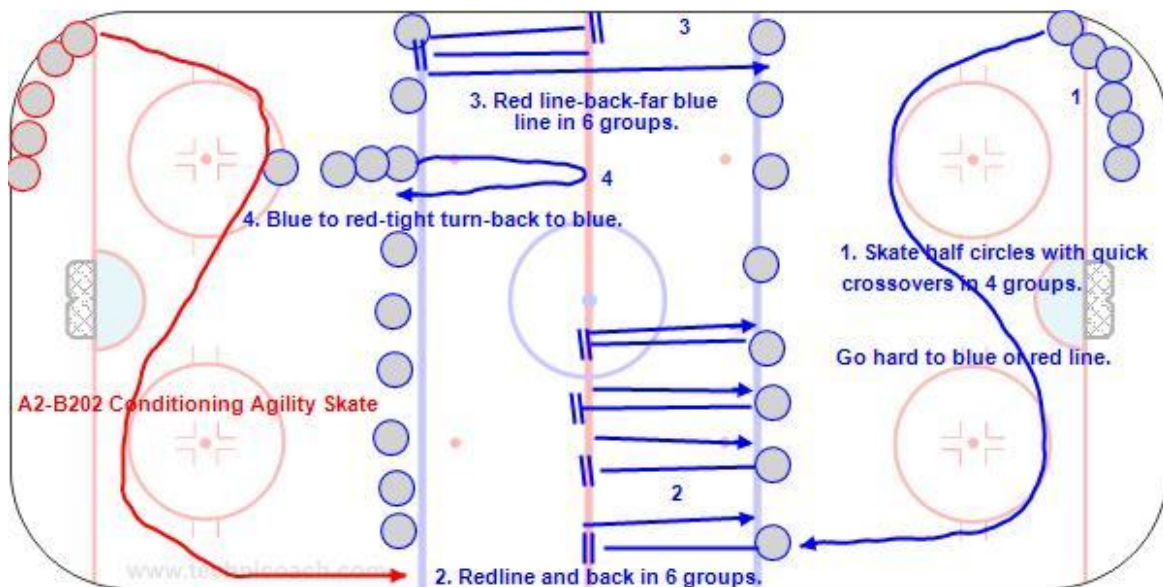
### **Key Points:**

Quick feet, shoulder leads in crossovers. Learn to turn with speed in both directions. A puck could be added.

### **Description:**

1. Skate half circles with quick crossovers in 4 groups. Go hard to blue or red line.
2. Redline and back in 6 groups.
3. Red line-back-far blue line in 6 groups.
4. Blue to red-tight turn-back to blue.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151041624>



## F202 – Skating for Quickness and Agility

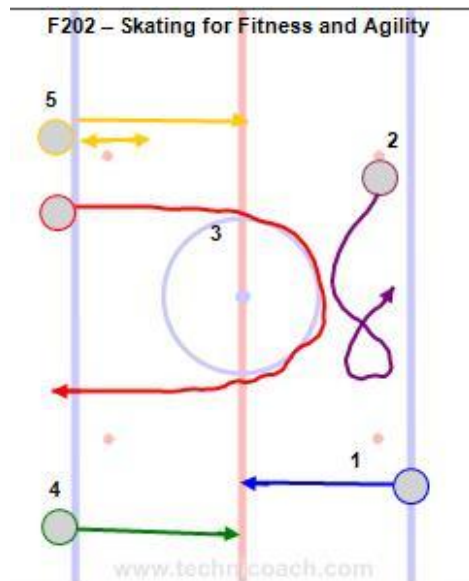
### **Key Points:**

Start low from a good athletic position. The first 3-4 strides fall forward with the toes pushing back and out and then the stride is side to side.

### **Description:**

1. Quick Feet – Detroit – skate from the blue line to the red line.
2. Quick Feet - Tight Turn – Pro – skate hard in an arch, feint and tight turn the other way.
3. Quick Feet Arch Skate – Pro – skate fast around the top of the circle.
4. Quick Start – Pro – focus on the toes out and first few strides.
5. Small Ladder – Pro – start hard two or three strides-stop-back to blue-hard to red line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140909092948329>





## **F - Skating for Agility and Fitness**

F202 – Skating for Quickness and Agility – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6921&topic=6921#6921>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140909092948329>

B202 Skating for Quickness

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090819102320887>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090805115343158>

A300 Agility Skating

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090804081920437>

A2 Conditioning Skate for Quickness

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090730123852417>

A300 Tight Turn Circuit

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=566&topic=566#566>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100409081949965>

A3 - Vladimir Jursinov leads skating practice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090205055815800>

A3 Quick Feet Conditioning Skate - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1007&topic=1007#1007>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151046309>

A2-B202 Conditioning Agility Skate

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1339&topic=1339#1339>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151041624>

C2 Backward Skating Tag Game-Jursi

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090819102316477>

F - B6 2-0 Disguised Skate - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6555&topic=6555#6555>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20130924143910997>

F-A3 Skating and Goalie Warmup-Slovakia U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012081009064560>

A3 - Vladimir Jursinov leads skating practice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090205055815800>

A300 Tight Turn Circuit

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100409081949965>

A300 Agility Skating

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090804081920437>

A3 Quick Feet Conditioning Skate

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151046309>

A2-B202 Conditioning Agility Skate

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151041624>

A2 Skating for Quickness

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115343158>

A2 Conditioning Skate for Quickness

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123852417>

A2 and B202 Agility and Quickness Skating

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190612981>

B202 Skating for Quickness

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102320887>

B5 Overspeed Skate-Pass-Shoot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115344598>

A300 Tight Turns-Three Hard Strides-Shot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131124153747585>

A200 Agility Skate and Puck Handle

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120903095622211>

A2 Skating Agility-Power-Balance U18

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120819123102221>

A300 Skating and Skill Circuit

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120818090223405>

A2 Crossover-Pivots-Balance U18

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120809085731591>

B600 Skating for Quick Feet – Dukla

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100915073922633>

## **F – Conditioning and Agility Skating - Video**

[F - Blue-Red-Blue-Poke Check - Pro](#)

[F - A3 Conditioning - Slovakia U20](#)

[F - Aerobic Conditioning Skate - Pro](#)

[F - Wave Skate - Poke Check - Pro](#)

[F - Fitness and Agility Skate - Pro](#)

[F - Wave Skating](#)

[F - A2 Down and Back - Pro](#)

[F - Defense Agility Skate Good Stick - Pro](#)

[F - Defense Crossovers and Pivot - Pro](#)

**With Diagrams**

[F - Ladder Fitness Test - Prospects](#)

[F - Ladder Skate - Pro](#)

F - B6 2-0 Disguised Skate - Pro

**With Agility Skating**

T1 - B2 - Agility Skate and One Touch Pass - Pro

T1 - B2 - D Agility Skate with Point Shot - Pro

T1- Agility skate - One Touch x 3 - Pro

T1 - Skate and One Touch Shot - Detroit

T1 - Cross-overs With Puck - Detroit

## **F – Conditioning and Agility Skating – YouTube**

### **F – Skating for Fitness**

#### **F - Agility Skating - RB Pro 2**

<https://youtu.be/tVruu5SoMQ>

F - A2 Down and Back - Pro

<https://youtu.be/-3zwvEg0VVM>

F - A2 Ladder Skating - Pro

<https://youtu.be/QYn8MNDzAho>

F - A300 Skating Conditioning - RB Pro

<https://youtu.be/700fflObnHw>

F - Aerobic Conditioning Skate - Pro

<https://youtu.be/bmBPHWamKGY>

F - Agility and Quickness Skate - RB Pro

<https://youtu.be/0J58agsNYsM>

F - Agility and Quickness Skating - Pro

[https://youtu.be/\\_TnZ9iXBs0I](https://youtu.be/_TnZ9iXBs0I)

F - B202 Conditioning Agility Skate - RB Pro

<https://youtu.be/nhuWJ25qilQ>

F - Blue-Red-Blue-Poke Check - Pro

<https://youtu.be/DOZOG9Yflxo>

F - Conditioning Skate - RB Pro

<https://youtu.be/QabRhPI6X9s>

F - Defense Agility Skate Good Stick - Pro

[https://youtu.be/mzINuehRJ\\_k](https://youtu.be/mzINuehRJ_k)

F - Defense Crossovers and Pivot - Pro

<https://youtu.be/McBn5S9kZn4>

F - Ladder Skate - Pro

<https://youtu.be/unJdAvVhtVI>

F - Quick Burst and Agility Skating - RB Pro

<https://youtu.be/lj4U7S57rGM>

F - Quickness, Agility, Mobility x 4 Drills - Pro

<https://youtu.be/7aNk0Xh7c80>

F - Wave Skating - Pro

<https://youtu.be/kObtmQWfJ8g>

F Timed Ladder Skate - Pro

<https://youtu.be/njasfbQ-xkQ>

F202 - Small Ladder - Pro

<https://youtu.be/OeEHsetYe1k>

F202 - Small Ladder Quick Feet - Pro

<https://youtu.be/aX8ywFgnTFo>

F300 - Quick Feet - Agility Skating - Pro

[https://youtu.be/k\\_AWtvh96i8](https://youtu.be/k_AWtvh96i8)

F300 - Quick Feet - Detroit

<https://youtu.be/imCiEYjXnWw>

F Sprint Skating - Finnish U20

<https://youtu.be/IMg6XJJIdA>

F - B202 - Quick Bursts x 4 - Russian U20

<https://youtu.be/cHdvHoQ-7EM>

F - A2 Skate Czech U20

<https://youtu.be/gmIRh5OIZy0>