

# **Circuit Training on Ice**

by

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## **Practical Instruction:**

1. High speed maneuvers in the middle zone dribbling a puck, performing gymnastic exercises, swinging the stick; the same with bending of the body downward, to the side, deep squats, lunges – to the side, the high speed maneuvers with jumps, with juggling of the stick and performing complex methods of stickhandling the puck. Accelerations, somersaults – 15 minutes.

Note: in the course of warming up the goalies carry out maneuvers, including backward and forward, trying to get the puck, clearing/ picking up the pucks, etc..

2. Team is divided into six groups – (by fives).

Each group at its place performs the recommended exercises explained below. After five-eight minutes the groups move on to the next spot/ station. Breaks/ pauses in the passage of the course maybe filled with accelerations, somersaults, hops, etc..

**Tip:** It is useful to make use of the goalies, besides training in the goals, in the exercises, where they can improve selection and stopping/ getting the puck.

Group 1.----Improvement of athleticism.

Maneuvering on a limited/ small area of the ice, the players perform different movements, jumping, hopping with curlbars, weight plates, with barbells, with stones/ rocks, with medicine balls. Exercises are also carried out with waist expanders/ bungee cords on simultaneous commands, the passing of pucks. Imitate puck receiving by themselves.

Group 2.----Development of passing.

The players are divided up into pairs, threes and move in a big circle, passing the puck to a partner: the same- passing two-three pucks; the same—passes are made with one contact (one touch passes); the same—they pass the puck while in the middle of making imitation fakes; the same—on the course the passes are carried out with somersaults, leaps.

Group 3.----Development of fakes/ dekes.

On a limited area the players imitate fakes/ dekes, fakes at cones/ upright stands, conduct one-on-one battles, fakes against each other, the same—with leaps/ jumps, the same while doing somersaults, the same while hitting/ impacting the boards.

Group 4.----Completing shots on goal.

Players are positioned at their places in front of the goals/ nets. Complete shots from in place, in maneuvers, with acceleration, the same with leaps, the same during the course of imitating dekes/ fakes, the same, passing the puck to each other, the same—carrying out accelerations right-left, the same after making somersaults, the same with one-on-one battles.

Group 5.----Improvement of one-on-one battles (checking).

Maneuvering, spinning/ turning, rolling backward and forward, players imitate stick checking, they advance with shoulder forward—back part of thigh, the same—hitting/ impacting the boards, the same with stickhandling, single one-on-one battles, two-against-one, one-against-two, the same with an attack on goal.

Group 6---Development of a tactical attack on goal.

A forward line obtains the puck from their defenders with a pass from the corner boards, turn into the middle zone. Later they swing around back into the zone and meet with resistance from the defenders and on the move they attack the goal (3-on-2). The drill is sometimes carried out with two-three pucks. At the conclusion of the drill all the players stickhandle pucks in the center zone, jumping, participating in one-on-one battles, they pass the puck to each other, complex high speed maneuvers are carried out, hopping, jumping, etc..

Group 7.---Play against two goals across the rink (cross ice game).

Have 3-5 players on each team. They carry on with one-two pucks, trying to score on the rival's goal. It is possible to complicate the game, maneuvering with leaps on one foot, jumping from one foot to the other, periodically performing somersaults.

Group 8.---Players stickhandle on a big circle.

Same thing—they skate laterally, backward-forward, same thing at maximum speed passing center zone, same thing—perform passes to each other, same thing—they stickhandle puck and pass it in the jumps, same thing—hit/ impact the boards, same thing—without advertising it send the puck into the goal—at the target, suspended on the boards.

At the end of the practice, all the players stickhandle the puck in the center zone, jumping, participating in one-on-one battles, exchanging (passing) the puck with each other, complex maneuvers carried out at high speed, jumps, hops, etc..

