

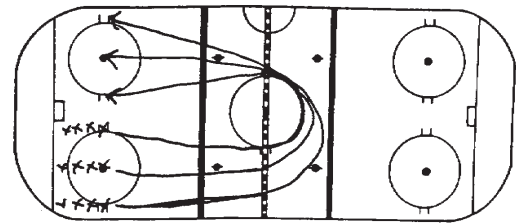
EDGE CONTROL WARM-UP & CONDITIONING

PURPOSE: The following drills can be done at the beginning of a practice, both with and without pucks as a warm-up or at the end of practice without pucks for conditioning. Players will be working on outside edges and crossover acceleration, both forward and backward, along with pivoting.

SET-UP: Players begin in three lines on the hash marks and face-off dot in the corner. On the whistle, the first player in line moves up-ice past center, around the outside of the center face-off circle and back to the other face-off circle in the same end they began at. For a warm-up, the players should go half speed to the blue line, full speed around to the far blue line and half speed from that point on. For conditioning, the players should go full speed from the start right to the spot where they stop on the other side.

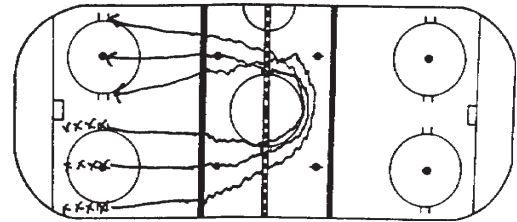
Forward Crossover Acceleration

Players go forward all of the way working on moving their feet and accelerating to full speed as they come out of the turn.



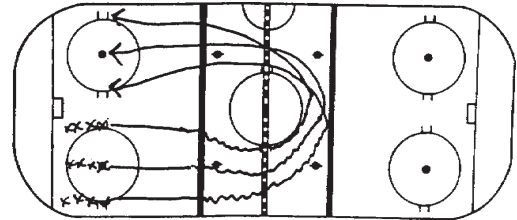
Backward Crossover Acceleration

Players go forward to the blue line where they pivot and go backward all of the way around to the far blue line where they pivot again and finish forward. Players should be working to accelerate to full speed as they complete the turn.



Backward to Forward Pivot Acceleration

Players begin forward, turn backward at the blue line and do backward crossovers to the top of the circle, where they transition into forward crossovers and accelerate out of the turn.



Forward to Backward Pivot Acceleration

Players begin forward and do forward crossovers to the top of the circle where they transition into backward crossovers and accelerate out of the turn backwards to the blue line before pivoting and finishing forward.

