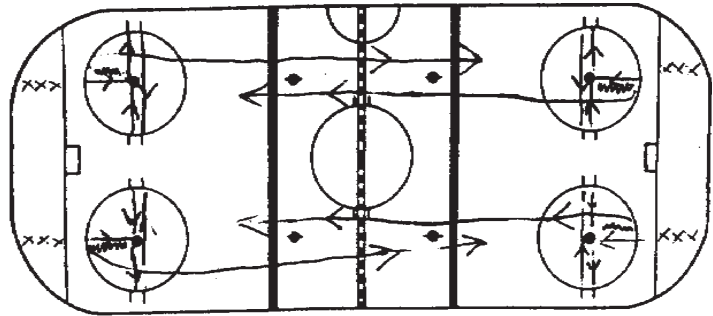


FOUR-DIRECTIONAL, FOOT-QUICKNESS CIRCLE DRILL

PURPOSE: To improve acceleration (forward and backward), coordination, foot quickness, and lateral movement.

SET-UP: Players form two lines on goal line facing the face-off circles. On the whistle, the first player in each line sprints to the face-off dot and stops; they then side-hop to the hash marks near the boards, then all the way to the other hash marks in the middle, then back to the dot.



They then skate backwards to the bottom of the circle and stop using a two-foot stop, then sprint to the far end and form two lines. Make sure the players always face one end of the rink during the entire drill. To increase the difficulty of the drill, make the players carry a puck on the stick. If a player is having trouble doing the side-hops quickly and correctly, slow them down until they have control of their skates.