

# **Warm-Up Drills for Skating, Passing, and Stickhandling**

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The drills described in this chapter are designed for the beginning of practice and include stretching exercises, skating agility, puckhandling, passing, and small-area games. The goalies can take part in these nonshooting drills, or they can warm up with stationary shooting with a coach or another player (with a goalie in the goal area at each end of the rink). (See chapter 14 for goalie specific drills.)

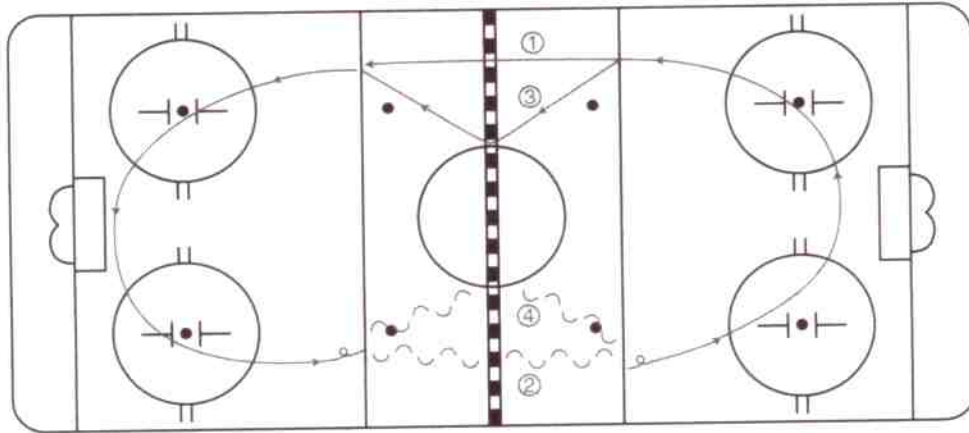
Normally, one warm-up drill without shooting is sufficient at the beginning of each practice. These drills usually include some stretching, skating, passing, and stickhandling, and should last for five minutes. These warm-up drills assume that the players have been taught the previously mentioned basic skills and that the players are able to repeatedly perform these basic skills correctly. The drills in this chapter progress from skating and stickhandling to passing and receiving. In addition to providing practice of the basic skills, the warm-up drills without shooting are designed to stretch and warm up the muscles—and possibly prevent injuries from overstretching during quick movements. The stretching should start with slow movements and progress to quicker active stretching.

# 1

## SKATING BETWEEN THE BLUE LINES

Players should skate around the rink at three-quarter speed, executing the following four skating maneuvers:

1. Sprint between the blue lines.
2. Skate backward between the blue lines.
3. Skate forward in and out between the blue lines—*in* from the first blue line to the center circle and *out* to the next blue line.
4. Skate backward in and out between the blue lines—*in* from the first blue line to the center circle and *out* to the next blue line.

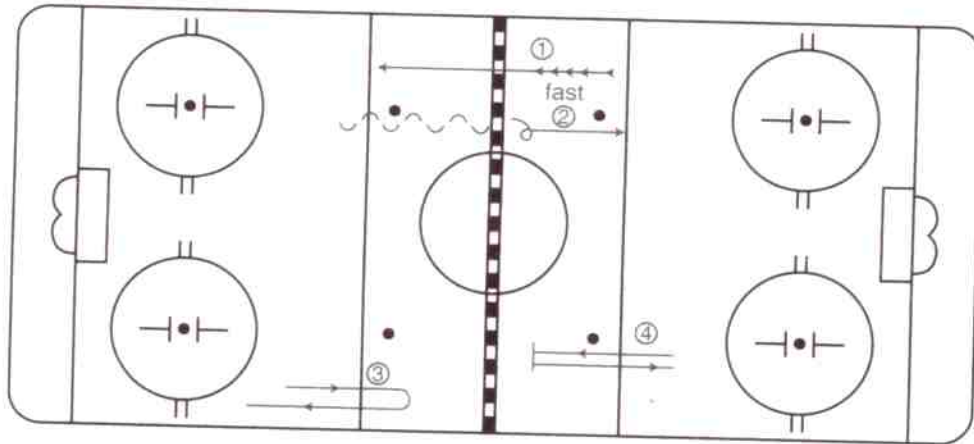


## 2

# SKATE AROUND THE RINK: VARIATIONS ON THE WHISTLE

The following four skating variations should be executed in the order shown:

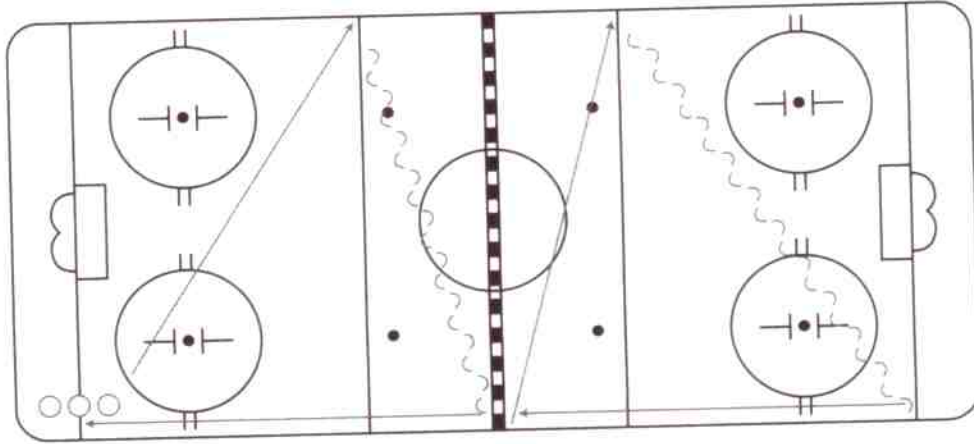
1. Skate fast and then slow on each whistle.
2. Skate forward and then backward on each whistle.
3. Pivot toward the boards and go in the opposite direction on each whistle.  
(Note: All players turn toward the boards in the same direction.)
4. Stop on the whistle and go in the opposite direction.



### 3 DIAGONAL SKATE: FORWARD AND BACKWARD

Players should start at the goal line and skate the following sequence:

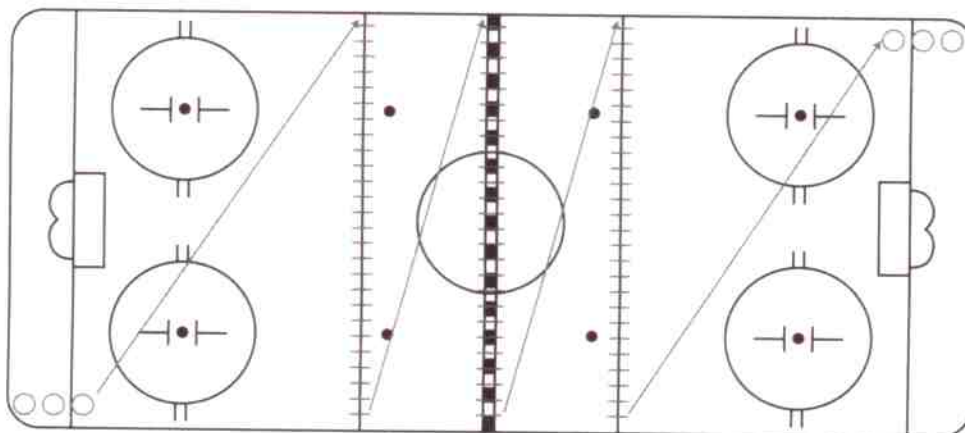
1. Skate forward diagonally to the near blue line.
2. Skate backward diagonally to the center line.
3. Skate forward diagonally to the far blue line.
4. Skate backward diagonally to the goal line.
5. Skate forward the length of the ice to the starting position at the goal line.



## 4 **DIAGONAL SKATE: CROSSOVER STEPS**

Players should start at the goal line and skate the following sequence:

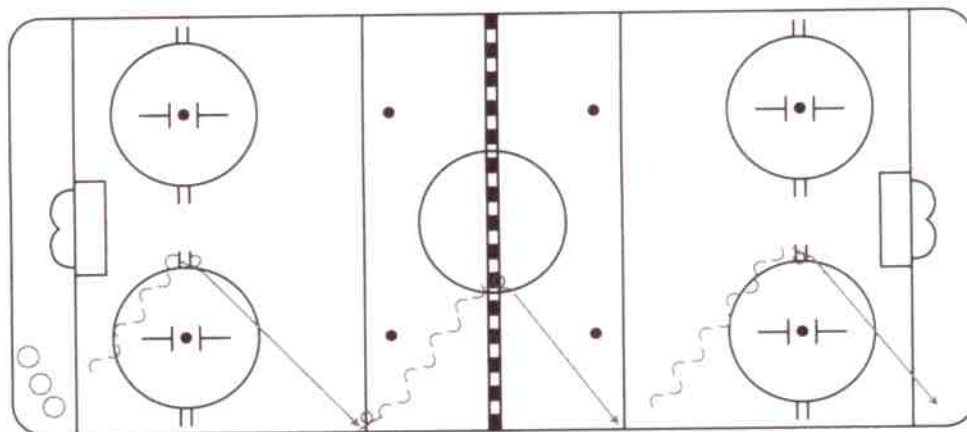
1. Skate forward diagonally to the near blue line.
2. Skate using crossover steps along the blue line.
3. Skate forward diagonally to the center line.
4. Skate using crossover steps along the center line.
5. Skate forward diagonally to the far blue line.
6. Skate using crossover steps along the blue line.
7. Skate forward diagonally to the goal line.



## 5 WARM-UP SKATE: FORWARD, BACKWARD, PIVOT

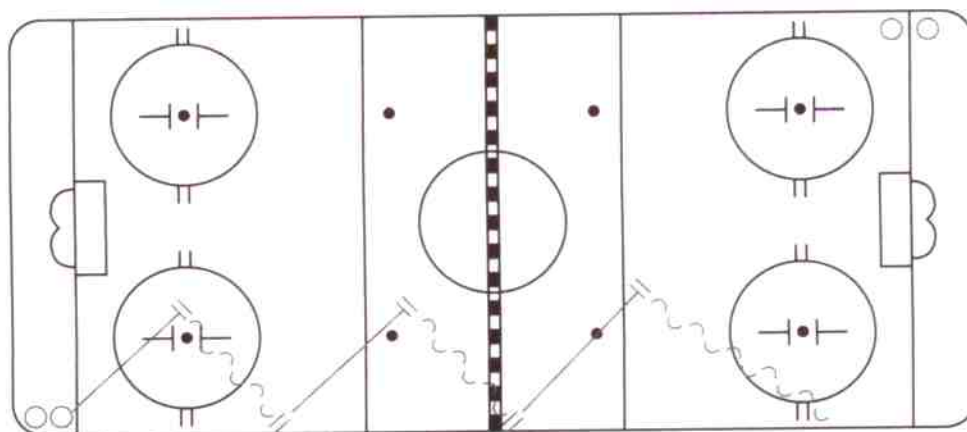
Have players start at the goal line and skate the following sequence:

1. Skate backward to the hash marks at the circle.
2. Pivot and skate forward to the side boards at the blue line.
3. Pivot and skate backward to the center circle.
4. Pivot and skate forward to the side boards at the far blue line.
5. Pivot and skate backward to the hash marks at the face-off circle.
6. Pivot and skate forward to the corner boards at the goal line.



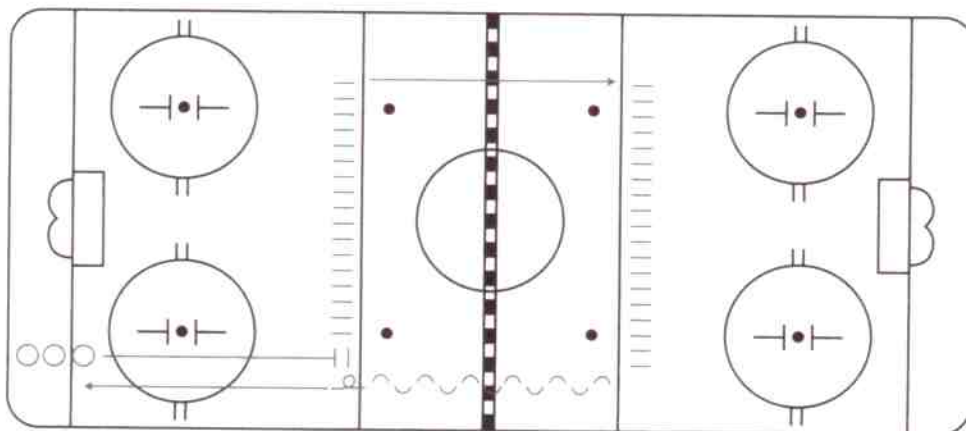
## 6 WARM-UP SKATE: ZIGZAG

1. Skate in a zigzag pattern down the ice by skating forward, stopping, skating backward, stopping, skating forward, stopping—alternating down the ice.
2. Players can go in partners, with the partner skating behind all the way down the ice and alternating on the next sequence.



Have players start at the goal line and skate the following sequence:

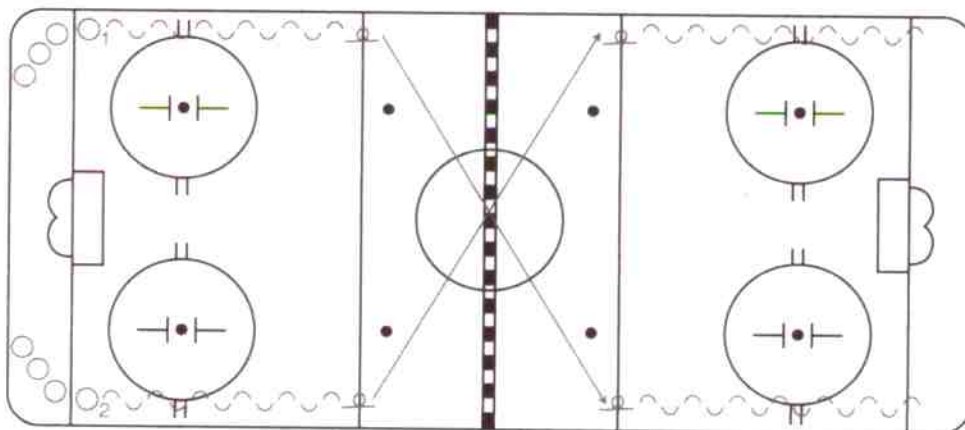
1. Sprint to the near blue line.
2. Perform lateral crossover steps along the blue line.
3. Sprint to the far blue line.
4. Perform lateral crossover steps along the blue line.
5. Skate backward to the near blue line.
6. Pivot and sprint forward to the goal line.



## 8 WARM-UP SKATE: BACKWARD, FORWARD, BACKWARD

Player 1 and player 2 begin at opposite corners of the same goal line and skate the following sequence:

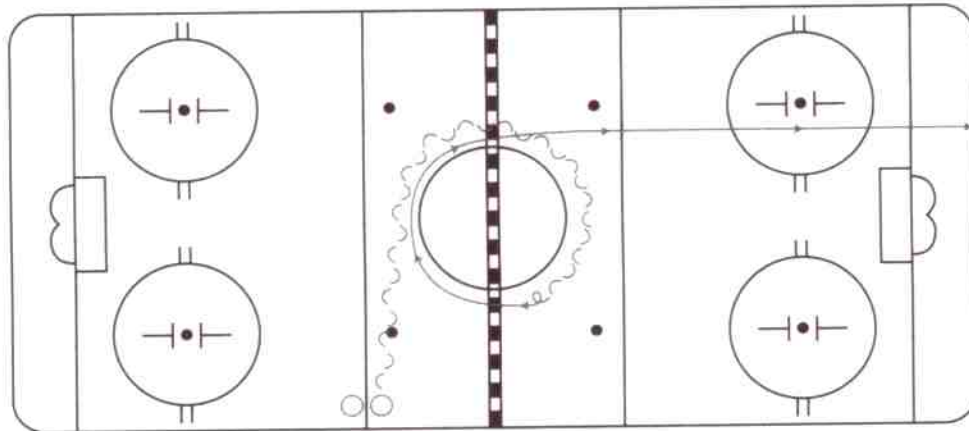
1. Skate backward to the blue line.
2. Pivot and skate forward diagonally to the far blue line.
3. Pivot and skate backward to the goal line.



## SKATE THE CIRCLE: SHORT SPRINT

Players should start at the blue line and skate the following sequence:

1. Skate backward around half of the center circle.
2. Pivot and skate forward around the second half of the circle.
3. Sprint to the far goal line.

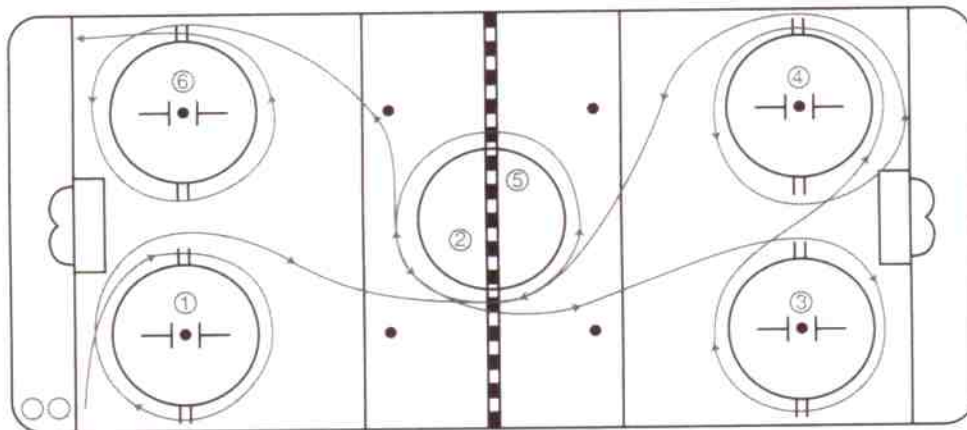


## SKATE THE CIRCLES

Start from the goal line and skate once around each circle in the order shown.

### Variation

Skate forward clockwise around circles 1, 3, and 5, and skate forward counter-clockwise around circles 2, 4, and 6.





Stations are set up on the ice as shown. Players should start one at a time and skate through all eight stations in progression. When the first player has moved to station 2, the next player starts.

Station 1: Backward crossovers

Station 2: Lateral crossovers

Station 3: Tight turns

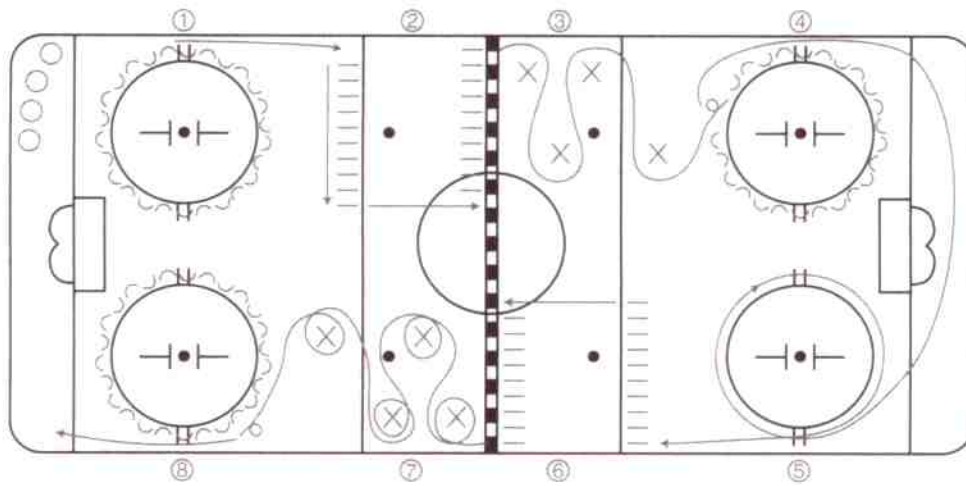
Station 4: Backward skating

Station 5: Forward crossovers

Station 6: Lateral crossovers

Station 7: 360-degree turns

Station 8: Backward crossovers



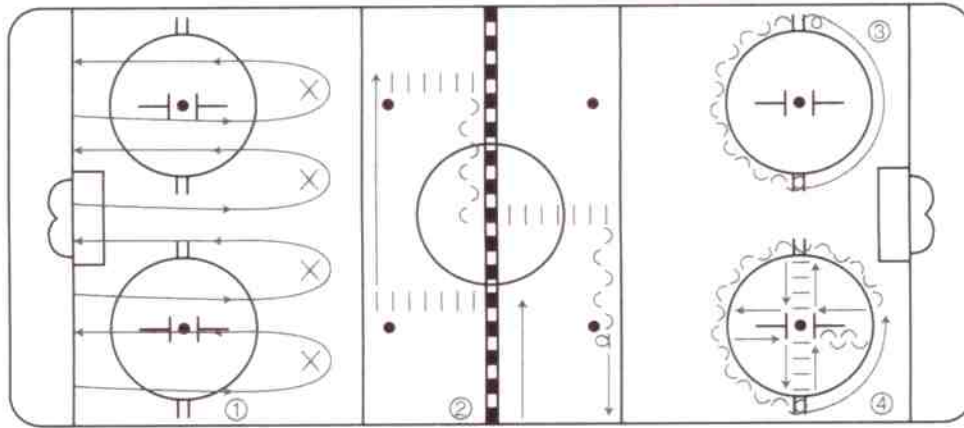
Stations are set up on the ice as shown. Players should rotate through the stations (rotate every two minutes).

Station 1: Tight turns

Station 2: Lateral crossovers, backward skating, pivots

Station 3: Backward and forward crossovers

Station 4: Agility circle—lateral crossovers, forward and backward skating, forward and backward crossovers, pivots



Stations are set up on the ice as shown. Players should rotate through the stations, spending about 40 seconds skating at each station.

**Station 1: One-foot zigzag**

Players skate a zigzag pattern on one foot—first left foot, then right foot.

**Station 2: Ride the stick**

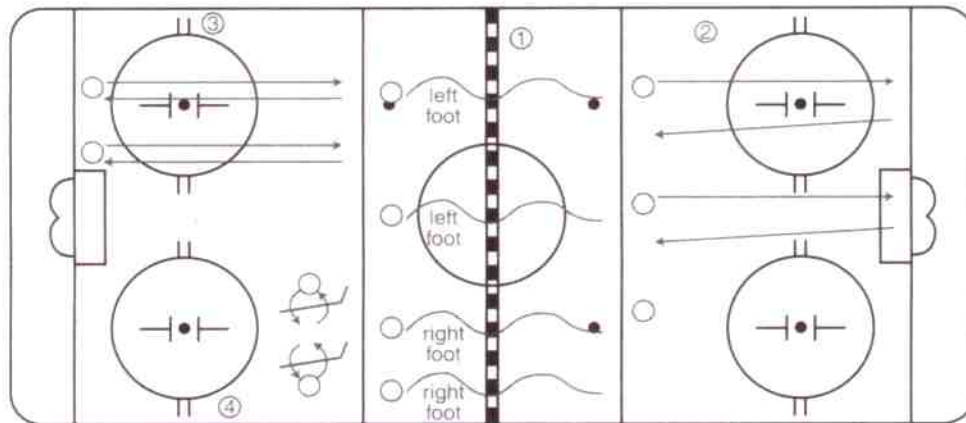
Players put the stick between their legs and glide between the blue line and the goal line.

**Station 3: Shoot the duck**

1. Players squat down with one leg extended out in front and the other in a bent-knee position.
2. The players glide from the goal line to the blue line with the left leg extended forward.
3. They return with the right leg extended forward.

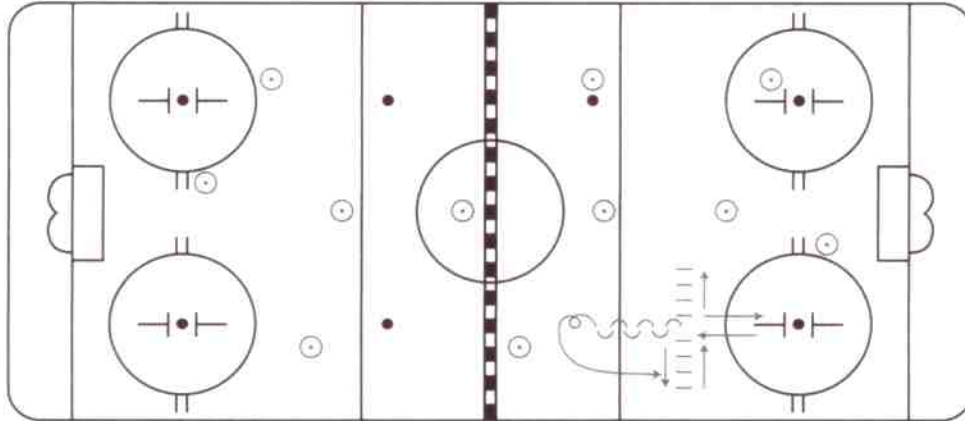
**Station 4: Jump the stick**

Players jump over the stick—which is lying on the ice—with one foot, alternating from left to right.

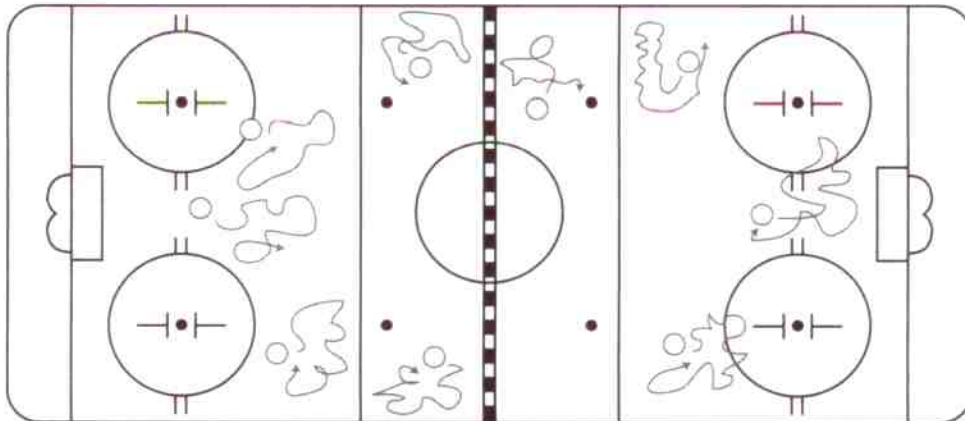


Each player has a puck. On the whistle, each player skates the following sequence:

1. Skate three strides forward.
2. Skate three strides backward.
3. Skate chop steps sideways each way.
4. Pivot and skate backward.
5. Skate forward three strides.
6. Skate easy until the next whistle, when the drill is repeated.



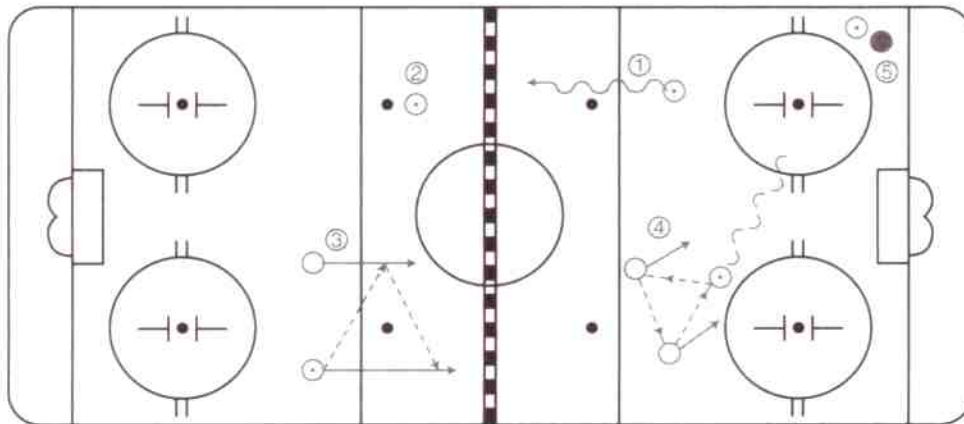
1. Players skate at half speed.
2. On the whistle, the players skate at full speed in a confined space while stickhandling.
3. On the next whistle, players again skate at half speed.
4. The drill continues in this pattern. The high-speed stickhandling should last for 20-second intervals with 20 seconds of rest.



## 16 SKATE AROUND THE RINK WITH PUCKS

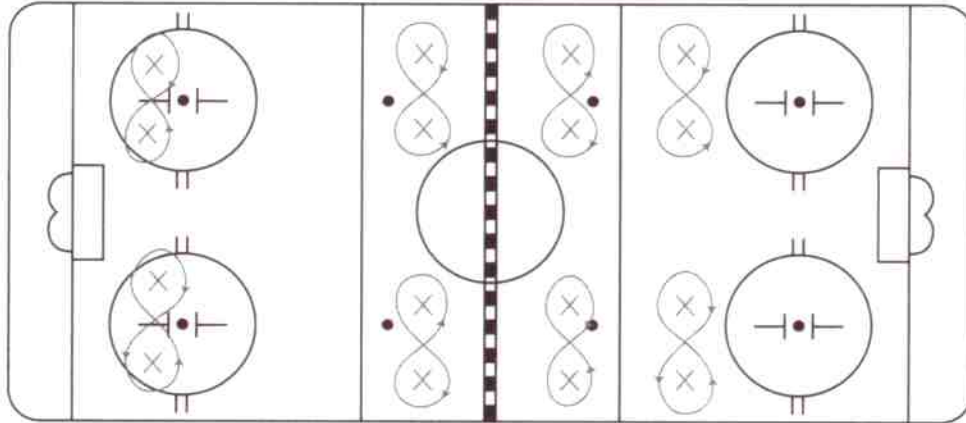
Players can practice puckhandling by skating around the rink and executing the following skills in this order:

1. Stickhandle.
2. Put the puck in the skates. Kick the puck to the stick. Pass the puck back to the skates. Repeat.
3. Pass the puck to a partner using quick passes, with one touch each time.
4. Three players pass the puck. One player skates backward, and the other two players skate forward.
5. On the whistle, play 1v1 against a partner, anywhere on the ice.



## WARM-UP SKATE: TIGHT TURNS, CROSSOVERS, PUCK PROTECTION

1. On the whistle, players skate around two cones. The players use crossover steps and tight turns while protecting the puck.
2. Players work in pairs. While one player skates, the other rests. (Use 20-second intervals.)



## NEUTRAL ZONE SCRAMBLE

1. Five players with pucks begin behind each goal line. The groups skate from opposite ends with their pucks and stickhandle in the neutral zone in all directions.
2. On the whistle, the two groups of five players skate to the opposite ends while stickhandling with the pucks.

