

Non-Contact Drills

The following drills focus on

- Edgework
- Speed Control
- Lateral Movement
- Forward-backward Agility
- Toe-Stop Footwork

During the practice, coaches can informally assess skaters for their safety:

- Can skaters quickly move laterally while staying in good form (knees bent, chest up, facing forward, and without popping up)?
- Can they complete all stops without falling or compromising form? Do they stay low before, during, and after the stop? If it's a forward-facing stop, are they still facing forward at the end of the stop?
- Can they execute edgework drills without going on their toe-stops?

For added endurance:

- After every 2-3 drills, have skaters complete a one-minute sprint or sprint a set number of laps.
 - Don't allow much time in between drills — explain the drill and demo it quickly, and then blow the whistle to start the drill.
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Off-skates Warmup | 10 mins

1 min | Jog around the track

1 min | Jog backward around the track

30 secs each | Skip forward, skip backward w/big arm circles (switch sides at 30 sec)

30 secs each | Side shuffle around the track (switch sides at 30 secs)

30 secs each leg | [Single Leg Deadlifts](#) (reach forward to make a "T" with your body)

30 secs | [mountain climbers](#)

30 secs each leg | [Single Leg Clock Squat](#)

30 secs | [V-ups](#)

30 secs each leg | [Single Leg Bridge](#)

30 secs | [Plank](#) or [Cardio Plank](#) (butt should be below shoulders)

30 secs each leg | one-foot balance with eyes closed

On-Skates Warmup | 20 mins

⇒ 3 mins | Skate ⇐

- 30 secs | skate at 50%
- 30 secs | skate at 75%
- 30 secs | skate at 100%
- 30 secs | skate at 75%
- 30 secs | skate at 100%
- 30 secs | skate at 75%

⇒1 min | Backward skate⇐

More challenge: Coach blows the whistle every 10-15 secs to signal that skaters must speed up and slow down. Start at regular speed and sprint/skate faster when the first whistle blows. Every other whistle signifies they change speed between regular speed and sprint.

⇒1 min | Turn-around Toe-stops on the whistle⇐

Coach blows the whistle intermittently and skaters stop using a turn-around toe-stop (always turning toward the inside of the track) and skate/sprint in the opposite direction.

⇒4 mins | 1-30-30s⇐

Skaters spread around the track and line up on the inside line. They begin stationary and do not skate forward. Coach blows a whistle to start and skaters move laterally between the inside and outside track boundary for one minute. After one minute, the coach blows a whistle and skaters sprint around the track for 30 seconds. After 30 seconds, the coach blows a whistle and skaters catch their breath as they skate slowly around the track for 30 seconds. Repeat.

- Round 1: Shuttle Skating
- Round 2: [Hockey Stop Crossover Laterals](#)

See [Lateral Movement Drills](#) to see what these types of movement look like.

★ Goal ★ try to get lower at the transition point – where you stop and change directions. Don't forget to use your blocker arms.

⇒6 mins | Stop on the whistle⇐

Coach blows the whistle intermittently and skaters come to a complete stop. After fully stopping, they sprint out of the stop and skate at a fast pace.

- 30 secs | Right Plow
- 30 secs | Left Plow
- 30 secs | Powerslide toward inside of the track
- 30 secs | Powerslide toward outside of the track
- 30 secs | Hockey stop toward inside of the track
- 30 secs | Hockey stop toward outside of the track

⇒5 mins | Dynamic Stretching while skating⇐

- Rotate arms forward and backward
- Rotate neck
- Rotate at the waste
- Torso twist
- Hip openers
- Knee to chest
- Foot to butt
- Rotate ankles

Drill List

⇒2 mins | Finding Your Edges⇐

Stay low. Keep head up and arms at side, with a little give at the waist, knees, and ankles.

- 30 secs | [Kickbacks](#) / Running Backward in Place (feet are parallel)
- 30 secs | [Hip Rockers](#)
- 30 secs | [Runners](#) / Running in Place
- 30 secs | switch between all three quickly

⇒ 1 min intervals | [Edge Circles](#)

Cut-flip-crossover-sidesurf around a cone! Go in both directions.

★ Goals ★

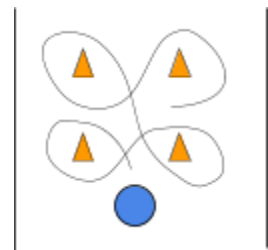
- Keep hips forward-facing.
- Stay low and try to get lower.
- Get out those blocker arms!

⇒ 1 min intervals | [Edgework Cone Drill](#)

Incorporate the edge circles from the previous drill by weaving around a set of four cones (water bottles, potted plants, or whatever you find nearby) while keeping your hips and upper body facing forward. Go in both directions. [Alternative with two cones.](#)

★ Goals ★

- Stay as low as possible and try to get lower each time.
- Get those blocker arms out!
- Do not use your toe-stops.



⇒ 1 min intervals | [Edging Lateral Cone Drill](#)

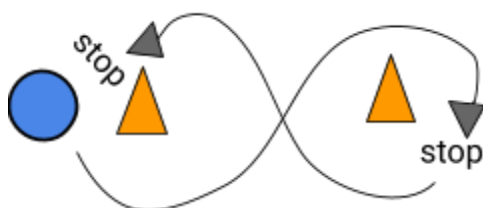


Use lead foot/follow foot footwork to move laterally while keeping your hips and upper body facing forward.

★ Goals ★

- Stay as low as possible and try to get lower each time.
- Get lower when you reach the end. Imagine a jammer coming into contact with your back and hunkering down for that contact.
- Get those blocker arms out!
- Do not use your toe-stops.

⇒ 1 min intervals | [Hockey/Power Stops Around Cones](#)



Skate in a figure eight around two cones (chairs or whatever works) and hit a hard stop around the apex.

★ Goals ★

- Come to a complete stop.
- Practice hockey stops and power slides.

- Challenge yourself by trying one-footed hockey stops!
- Try to stay low the entire time — don't let yourself pop up at any moment.

⇒ 1 min intervals | C and D Cut to a Stop ⇐

Practice C and D cuts to a stop around a length of cones or with a partner (as seen in the videos).

- [C cuts](#)
- [D cuts](#)

⇒ 1 min intervals | [Skating Circle Warmup](#) ⇐

This can be used as a warmup AND as a progression for the next drill.

- Skate large circle and transition between forward and backward skating.
- Repeat in a smaller circle
- Practice edging half circles with transition

⇒ 1 min intervals | [Cut-Cone-Drop Drill](#) ⇐

Skate up to your “cone” and cut out, cut in, and drop to mimic catching a jammer. Go to both sides.

★ Goals ★

- Stay close to your “cone”
- Get as low as possible when you drop.
- Use those blocker arms to track the imaginary jammer!

Challenge: Repeat drill using [Backward Edging](#)

⇒ 1 min intervals | [C/D Cut Stomp Stop at Track Boundary](#) ⇐

★ Goals ★

- Stay low and try not to pop up at any point.
- Use those blocker arms to track the imaginary jammer!

⇒ 1 min intervals | Four Dots Diamond Drill ⇐



Set up: Create a four dot diamond pattern with tape or cones.

- [Face forward and stop with plows](#) ([alternate perspective](#))
- [Alternative](#): Coach calls out which dot to skate to, and skaters move there quickly.
- [Add D-Cuts](#) ([explained & demo-ed](#))

⇒ 1 min intervals | [Lateral Movement Drills](#) ⇐

Move laterally while staying as low as possible using the footwork below. Visualize yourself moving across the track to catch a jammer and hunkering lower once you've caught them, and then moving laterally again with them on your back.

Challenge: Coach calls out a lane and skaters move laterally to that lane.

1. Shuttle Skating (for small movements)
2. Crossover Laterals (for larger movements)

★ Goal ★ try to get lower at the transition point — where you stop and change directions. Don't forget to use your blocker arms.

⇒ 1 min intervals | Lateral Line Coverage Stops ⇐

Practice each lateral & stop below.

- [Forward one-footed plow laterals](#)
- [Backward crossover laterals](#)
- [Backward skate and C-cut into stop](#) (add crossover step for challenge)
- [Skate and powerslide](#)
- [Crossover lateral to powerslide](#)

★ Goal ★ Focus on trying to get lower as you get to the “track boundary.”

⇒ 4 mins | Mirror Drill ⇐

Setup: At one end of the track, skaters find a partner and face each other and must stay within 6 ft of each other. One partner moves forward, backward, left, and right, and the other partner must mirror their movements. Start slowly and increase speed to challenge your partner. Be sporadic about movements, so your partner does not anticipate them.

⇒ 3 mins | Forward/Backward Stops ⇐

Everyone skates forward and when the coach blows the whistle, they come to a complete stop (using the designated stop below) and quickly skate backward. They continue skating backward until they hear the next whistle. Then they stop using the designated stop and quickly sprint forward. Repeat.

1 min | Forward/Switch between R/L plow to Backward/Switch between R/L plow

1 min | [Forward/Backward Stomp Stops](#) switch between R/L foot

1 min | Forward/Switch between Hockey In/Out to Backward/Switch between R/L plow

★ Goal ★ Focus on changing direction as quickly as possible. Each time, decrease the amount of time it takes for you to stop and skate in the opposite direction.

⇒ [4x4 Drill Box Edgework](#) ⇐

There are many different edgework drills found at this link. Check it out!

⇒ Four Dots Diamond Drill ⇐

- [Face forward and stop with plows](#) ([alternate perspective](#))
- [Challenge Alternative](#): The coach calls out which dot to skate to, and skaters move there quickly and touch the dot.
- [Add D-Cuts](#) ([explained & demo-ed](#))

⇒ [Ladder Edgework Drill](#) ⇐

Setup: Tape an agility ladder to the floor/ground. Don't use a real agility ladder, because your skates can get caught in it!

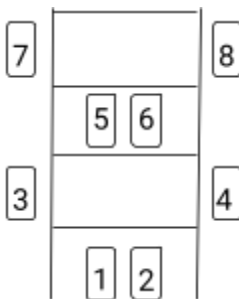
In this drill you will complete a progression of exercises that start with footwork, then add arms, then add communication. The idea is to focus on all these things at the same time without compromising your form or footwork. (The video doesn't include the full

drill, but Canna demonstrates how to tape an agility ladder and some extra toe-stop options!)

★ Goals ★

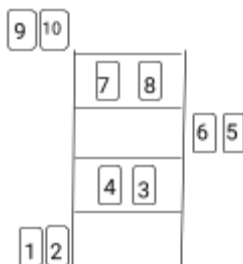
- Stay low – bend your knees and keep your chest up
- Engage your core to keep from falling
- Try to keep your head up and look forward, rather than down.
- While doing the drill, notice your mental emotional state: do you engage in negative self-talk? Do you give up before even trying? Or do you feel excited by the challenge?

For each progression, go down and back two times.



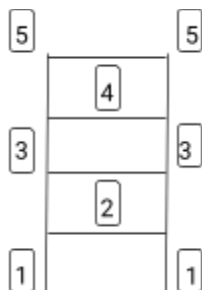
1. In-in-out-out on your edges

- Add arms: circle arms as if you are swimming
- Add song: sing a song while doing arms



2. Out-Out-In-In on all eight wheels using edges

- Add arms: pretend you are holding a rolled-up towel over your head and lean it to each side (engaging obliques)
- Add song: sing a different song while doing arms

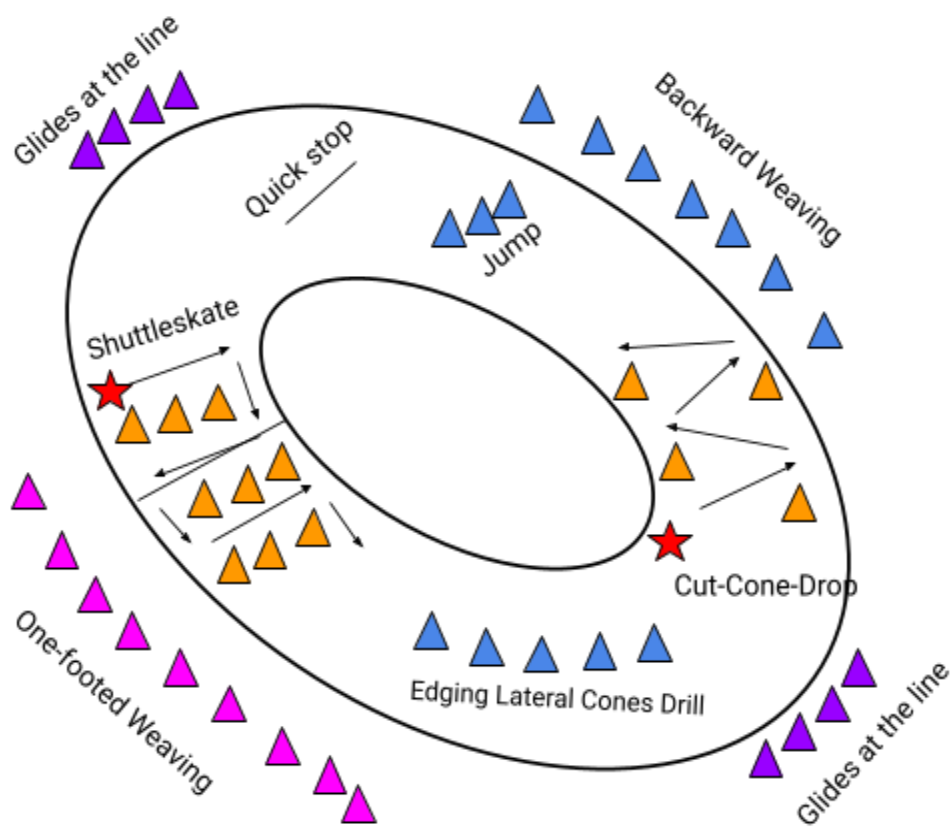


3. Hopscotch – try not to roll by staying low and engaging your core. This is the most challenging one!

- Add arms: arms go up when you jump out (like a starfish) and then to prayer when you jump in
- Add song: sing a different song while doing arms

10 mins | Lateral Movement/Jumping Obstacle Course

Divide skaters into two groups: one group is on the track and one group is on the outside of the track. Each group goes for 5 mins, then switches.



Inside The Track

- Shuttle skate through cones
- [Edging Lateral Cone Drill](#) (switch direction each lap)
- [Cut-Cone-Drop Drill](#)
- Jump over cones
- Quick stop before the line (change stop each lap)

Outside the Track

- One-footed weaving (switch foot each lap)
- [Glides @ the Line](#): crab skate into single foot glide
- Backward weaving (backward skating through cones)
- [Glides @ the Line](#): crab skate into single foot glide

☆ Jammer Specific Drills ☆

⇒ Practice Starts | 10 mins ⇐

6 mins | Line Starts = Create three lines at the jammer starting line. On the whistle, the first skater of each line sprints ahead, then skates around the track and back in line.

- 2 mins | Toe-stop run
- 2 mins | Duck run
- 2 mins | Crossover step

★ Goal ★ Focus on moving energy forward, not up. This will make you feel like you will fall forward (and you might while learning), and that's okay. Remember the direction you want to go - forward - and move that way. Popping up decreases forward momentum.

Toe-Stop Run: From stationary position, place one foot in front of the other and stand on your toe-stops. When ready, lunge forward and run a few steps before touching your wheels down and sprinting.

Duck Run: Stand stationary with skates facing 2 and 10 o'clock, then run forward, pushing all your weight into the floor.

Crossover Step Run: Stand stationary facing either the inside or outside track boundary. In a leaping motion, swing the skate that is behind you in front of you, crossing over, and then move into a duck run.

[Demo video of toe-stop runs and duck runs](#) (on a banked track, but still applies)

⇒ [The Dip](#) | 1 min intervals ⇐

Set up: Position a cone or large item next to the track boundary to act as a "blocker." Start around 15' or more to get speed when approaching the "blocker." Dip as low as you can and twist your upper body away from the "blocker" while skating past them.

★ Goal ★ Focus on getting so low that it's impossible for a blocker to find a legal target zone on you.

⇒ [Toe-Stop Running](#) | 30 sec intervals ⇐

- [Skate to toe-stop run](#); more on [toe-stop running](#)
- [toe-stop crossover running](#)
- [Backward skate to toe-stop running](#)
- [Forward to side to backward toe-stop running](#) (challenge by starting with backward skate)

⇒ [Toe-Stop Footwork @ the Line](#) | 30 sec intervals ⇐

Set up: You'll need cones set up a few inches along each side of the track boundary.

- Diagonal toe-stops at the line
- Pocket Fake
- One toe-stop slide
- One toe-stop slide w/full spin
- Toe-stop shuffle
- [Side surf hop](#) (warning: culturally insensitive language used to describe the drill)

⇒ [Glides into Toe-Stops & One-footed Transitions](#) | 1 min intervals ⇐

- Side surf on both sides to warmup
- One-footed glides on both sides (lift front foot and glide on back foot)
- Toe-stop crossover walks @the line
- Combine one-footed glide with toe-stop crossover walk
- One-footed transition

Challenge: Practice along the track boundaries, using cones to create the space to glide through.

⇒ [Glides @ the Line](#) | 1 min intervals ⇐

- Side surf into single foot glide
- Add a toe-stop shuffle
- Add a toe-stop spin

⇒ [Toe-Stop Agility Drills](#) | 15-30 sec intervals ⇐

Suggestion: to avoid injury on toes/feet, choose a couple to do or space these between other toe-stop drills.

- High knees
- Jumping jacks
- River Dance
- Stutter Step
- Front-to-back agility with Heisman
- In & Out
- Heismans
- Jump Lunge
- Burpees
- Plank Jacks
- Mountain Climbers
- One-foot hops
- Ski Jumps
- Speedskaters with Single-leg Squat
- [Hop around objects](#) (add spin and run for challenge)

[Similar drills using agility ladder](#) (and additional toe-stop options)