



Power Skating Program

7-10 Year Olds:

- Day 1: Forward skating: a. Coordination b. Technique
Backward skating: a. Coordination b. Technique
Crossovers FWD & BWD a. Basic exercises b. Crossovers without sticks.
- Day 2: Forward skating: a. Review of previous day and basic principles of acceleration
Backward skating: a. basic principles of acceleration.
Variation on FWD and BWD skating
Cross over fwd and backward.
Depending on the level of skills, we will progress to only crossover exercise and implement the stick and puck on day 2.
If the skills level from a technique stand point is too weak, we will not use the stick until the next day and focus on the technique.
- Day 3: The plan on this day is to basically do the same as on day 1 but with pucks and sticks.
- Day 4: Same as day2 but as above with pucks and sticks
- Day 5: Implement crossovers with sticks and pucks forward and backward. Do the turn around and the stopping and going and increase the intensity.

11-14 Year Olds:

- Day 1: A review of their technical level for all aspects of the strides fwd, bwd, crossovers fwd and bwd.
- Day 2: Based on the findings of day one I will either work on technique or focus on the perceived weaknesses.
- Day 3: I plan on focusing on starts forward and backward as well as lateral movement when changing directions.
- Day 4: Do speed drills with the puck and the forward and defense work playing their position in a setting of a little challenge racing against each other. This will help me work on the starts.
- Day 5: We will do very similar things as day 4 but with sticks and speed.

Have a great summer and see you on the ice!

Gaston