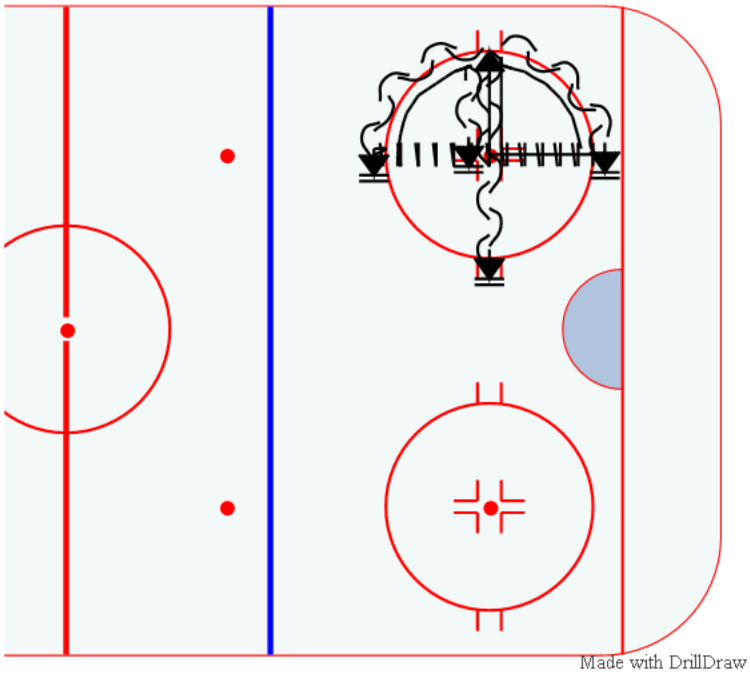
Title : Agility Drill **Category #1 :** Agility **Category #2 :** Foot Speed

Content elements: **Components :**



Key Points :

Always face the same direction	Quick feet	Smooth Pivots	

Description

1. Player starts on the face off dot.
2. On the whistle he explodes to the edge of the circle.
3. At the edge of the circle he pivots and skates backward along the left side of the circle to about the middle of the circle, and stops.
4. Player then skates forward along the same edge of the circle until he comes back to the top of the circle again.
5. Player pivots and skates backward to the dot, and stops.
6. Player executes side-step-crossovers to the left edge of the circle, and stops.
7. Side-step-crossovers all the way back across to the far right edge of the circls, and stops.
8. Side-step-crossovers back to the dot, and stops.
9. Player again explodes to the top of the circle.
10. At the edge of the circle he pivots and skates backward along the right side of the circle to about the middle of the circle, and stops.
11. Player then skates forward along the same edge of the circle until he comes back to the top of the circle again.
12. Player pivots and skates backward all the way to the bottom edge of the circle.

Notes: Try putting 3-4 players per circle, and rotate through until each player has completed the drill 3 times. As players skating skills improve, add a puck.

More drills & skills at www.WeissTechHockey.com