

# VAHA Fundamental Skating Drills

Each drill will start on the goal line and end on the opposite goal line. Divide players into specified lines. Time should be taken to break each drill down and should be demonstrated if not understood by all.

Drills	Lines*	Reps**	Direction	Speed	Description / Emphasis
Push glide heel click	4-6	2	forward	slow	Head up - Knee out - full extension - toe kick - bring back to center and click heels
Inside edges	4-6	2	forward	slow	Head up - 180 rotation - knee bent - knee extension inside edge push off
Outside edges	4-6	2	forward	slow	Head up - 180 rotation - knee bent - knee extension inside edge push off
Backward C cuts	4-6	4	backward	slow	Head up back straight - toe dig to big C stride and come back to center
Knee Touch	4-6	1	forward and backward	slow	Head up - knee touch on lines
Controlled Fall	4-6	1	forward	slow to fast	Head up - toes out - touch belly - plant skate - spring up
Pivot Drill	3-5	2	forward and backward	slow to fast	Head up - forward to back pivot - back to forward step out
Crossover	3-4	2	forward and backward	fast	Head up - Three step crossover alternating direction
Acceleration Drill	3-5	2	forward	fast	Head up - Three step toe dig to stride - stop at line
Power turns on lines	3-5	2	forward and alternating for to back	fast	Head up - Three step toe dig - stride - turn on line

\* Recommended groups and number of players that go at a time. This should be varied to accommodate numbers, space needed and time.

\*\* Recommended repetitions. One repetition is from goal line to goal line and should be increased if needed.