



# SSNB CLUB ON Ice Reference Sheet

For Learning to Train (L2T) and Train to Train (T2T) skaters

**This sheet is a reminder page for on ice practices** – The on line program is just the work component.

- A. There are also the Technical components to work into the skaters thought process. When skating Laps ( Technical Or Just doing programs) - technical components should always be incorporated into the skaters thoughts and as coaches- We need to get skaters to learn to develop/ refine skills, on their own)
  - B. Include tactical / track patterns into the laps skated at various times throughout the year.
  - C. Mental skills such as, Positive approach, focus ( internal & external), refocus, self analysis, determination, goal setting within a practice session, within the weeks dryland etc.)
  - D. For younger skaters, I recommend your club using the 4M - 6 m & 8 m track lay outs . The reason to use narrower radius tracks is that the skater has to lean more for the speed they skate. Also have them do drills in BOTH DIRECTIONS ( **C**-Clockwise & **CC**- Counter clockwise )
1. Keep reminding your skaters to look ahead on the straights & around the corners. In the corner they should always be looking three to 4 blocks ahead. NOT at their feet and not straight ahead!
  2. Corner entry lay-in begins on the right skate. Don't allow the left leg to reach out to make ice contact. With a right skate entry lay-in, skaters must allow appropriate time to acquire the correct lean angle for speed skated on that particular arc being skated .
  3. BUCKET DRILLS - If they are capable -Great. IF not use the 4 M & 6 M tracks for basic gliding drills around the blocks ( make sure they can get on both blades first then progress to singles. This can be done as games as well on smaller tracks. ( Scooter races , push relays etc.)
  4. When Setting up your 6M OR 8M radius circles - DO NOT forget to move sufficient boardpads.
  5. When Skating on 8M OR 6M Circles ( Building speed ) - These drills are for them to have many opportunities to work on blade placement, weight distribution on their blades, Lean angle for the speed skated, Hips moving inward with each push away from support blade, as well as just trying to go faster.
  6. Full extension of all pushes ( corner & straights) . Make sure there is an actual push not a step to the next stride.
  7. When teaching how to PUSH – using scooter pushes (Both directions ) is a great way to isolate the push on each leg. Make sure you start out slowly and are getting a full extension of the leg with each push and as well require a coordinated arm swing with each push. Eventually you can work up to scooter races that require good pushing skills.
  8. When teaching how to push correctly – various slalom patterns are a great tool to use as it requires then to move hips slightly to get weight from one side of blade to other. A. Straight line slaloms are good for edge work (both blades at first progressing to single blades. As skaters get better, close the distance between blocks. B. spread slaloms are good for carving on either the inside or outside blade edges, as well as carving on the outside blade ( one closest to the block) while at the same time creating a proper push on the inside edge of the other skate. Skaters also learn to be more comfortable with “the lean” in both directions.



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9. During the corner, their hip/Centre of gravity is always inside the support blade. How far in is determined by the speed skated and the radius of the arc skated. HIPS must move with the skater.
10. Make sure the position of the right skate, on the track, is correct for
  1. the type of entry 1.two-in entry (line apex to 1st block) - OR one-in (line apex to 2nd block)
  2. as well as the position to the first block relative to the speed being skated.
11. Make sure that the beginning of their corner entry is deep enough for their required track pattern. If you have to - use target blocks for the first left into the corner - start it early in the year to get compliance. Another great tool for track pattern blade placement – is for coaches to carry a large black permanent marker. Mark out the RIGHT and LEFT foot skating patterns you want skated. This works extremely well for younger skaters on the 6M track.
12. Begin the season with a - “No hitting blocks” rule (especially 2 , 3 & 4 ) set your entry to allow proper trajectory , dependant of track skated.
13. Right skate at apex when skater has control of the track.
14. Need to maintain a lean angle on transition from exit to straights during cross-overs. This angle will be less than the angle required in the corner. However we still need a blade angle with the ice in order to apply some pressure.
15. Exit cross-overs should extend past the hockey blue line (still with some lean). Setting up markers to give skaters targets is a decent tool to use.
16. Do Not always use the same number of cross-overs on exit. Change it up
17. To get younger skaters to think about riding blades and also learning to apply more pressure with each push during easy laps - Restrict the # of crossovers they can take in the corner.( example - they usually take 5 make them try 4 and then even 3. Eventually you will have skaters doing just 2 crossovers and can still maintain their required speed.
18. Take time to have skaters learn a decent straight away stride when their young. Using a full rink skating track and going very deep in the corner is a good method to incorporate. Require at least 4 full straight away strides ( 2 good rights and 2 good lefts ) and that they take the time to allow a good recovery leg . This will give them the TIME they need in order to create the lean required in order to have the proper blade/body angles in order apply pressure and to push correctly.
19. DO NOT skate the same track repeatedly. During laps - incorporate different tracks for each rep.  
Tracks - Wide/Wide; Wide/Narrow; Narrow/wide; Narrow/Narrow;