



TRAINING GUIDE

2-HOUR PRACTICE FORMAT:

***5 - 10 min.** - Cruise around the rink to warm up.

***10 - 15 min.** - Stretch. Work from head to toe. Hold each stretch until you no longer feel the initial tension.

***20 min.** - Endurance skate. Trainer sets pace, keeps time, and calls out different maneuvers:

- Squat
- Jump
- Fall
- 8 on the Floor
- One-foot glide on straightaways
- Skate low
- Skate faster
- Turn around and skate in the opposite direction

Switch things up to keep it challenging.

More examples - Slalom for a few laps, then skate, then squat for a lap, then skate, then do scissors for a lap or two, fall, get up fast and sprint for 30 seconds, then skate.

***5 min. or less** - Break.

***1 hr.** - Open season. Later this will be used to run scrimmages. Until we break into teams, use this time to work on specific drills.

We can also set up mini camps with cones sectioning off the rink to do more than one drill at a time.

The most important thing during this hour is to keep everyone moving, all the time.

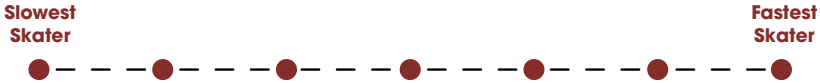
***5 min.** - Cool down. Skate clockwise around the rink.

***10 min.** - Stretch. Work from toe to head.

DRILL OBJECTIVES: TO BUILD STRENGTH, AGILITY, SPEED, AND ENDURANCE.

Pace drill

Form a line with slowest skaters in front and fastest in back, spaced an arm's length from one another. Try to keep the pace of the entire line based on the leader. Never let a gap develop between skaters.



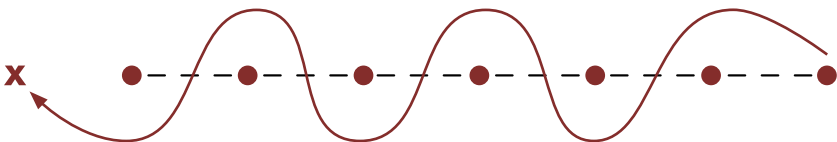
Last in Line

Stay within arm's length of the skater in front of you. The skater at the front of the line practices setting pace. Speed is increased fast enough to make passing difficult, but not impossible. The last girl in line skates as fast as she can to get to the front. No blocking, but the line does try to make it difficult by hugging the inside line.



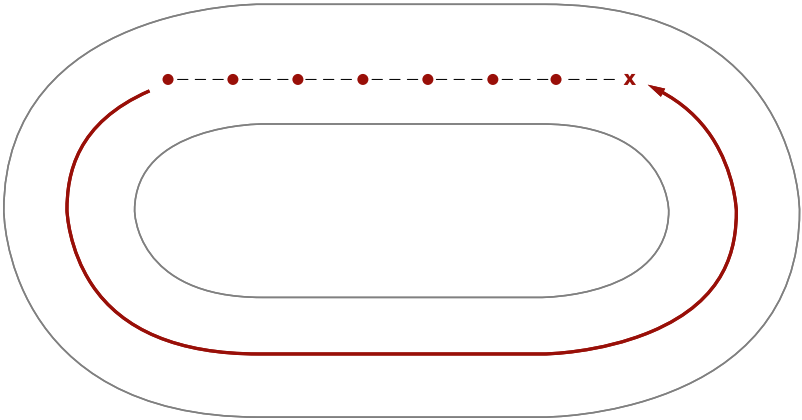
The Snake

In the pace lineup, the skater last in line weaves through all the skaters, in and out, until she reaches the front of the line and becomes the leader. Usually your coach or captain calls when the next skater should work her way up, so you don't have girls clumping. Depending on the number of skaters in your pace line, do about three sets.



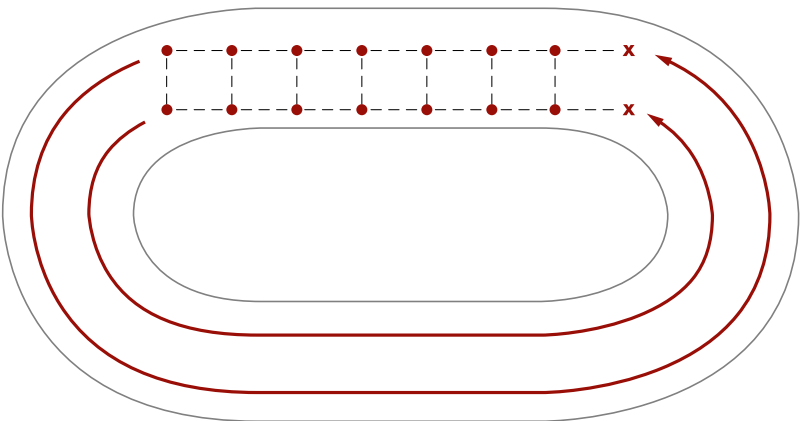
Lap the Line(single)

Run a pace line at moderate speed. At the signal of your trainer, the girl at the front will race around the track to the back of the pace line. Repeat for each skater. Do two or three sets.



Lap the Line(double)

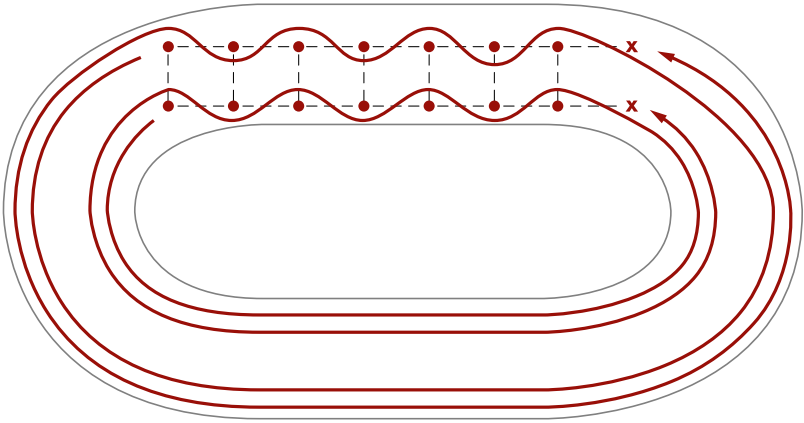
This time form two matching lines an arm's length from each other, so you are also matching pace and strides with the person next to you. Then the skaters at the front of each line break away and lap the pack to the back, while the new line leaders hold the pack at a steady medium pace and concentrate on keeping everyone in line. It is hard to keep the pace going slow enough not to kill the girls lapping, but quick enough to keep everyone from skating up your ass. It's great practice for skating together in a tight pack and learning rhythm & pacing.



As everyone's skills increase we can combine various elements of these drills. For example:

Lap the Line(double) + The Snake:

The leaders of each line break away and lap the pack to the back, where they then weave through all the skaters of their respective lines to the front, then race each other once more around the track to the back of the line.



Race

You'll want to have at least one or two 5 lap races during your practice. These are fun, hard, and teach skaters how to correctly pass or get passed without cheating (cutting the track) or falling. You'll also determine your natural jammers this way.

Low and Slow

Every time the trainer blows the whistle, you skate in a squat, bending at the knees, not the waist, in a blocker position, until she blows the whistle again. This drill builds up your leg muscles, gets you used to a strong, low blocking position (which makes it harder for girls to line you up for a hit or knock you over), teaches you balance, and you can practice being aware of what's going on behind you, a critical skill for the game.

Knee Drag & Recover

At the signal of your trainer, drop to one knee, then regain your stance and keep skating. This will teach you to control a fall by dropping down to one knee (which starts you into a slow skid), then picking up the knee to

regain your position. Practice this with both knees. If you want to make it more interesting, at the signal of your trainer drop to one knee, spin to the opposite direction, then regain stance and skate in the opposite direction.

Suicides

Example-

Set up 2 cones about 1/3 and 2/3 down the rink.

Skaters get in starting position (laying on belly, flat on the floor).

At the whistle:

Sprint to first cone, right knee fall, get up as quick as possible, sprint back to start, right knee fall.

Sprint to next cone, right knee fall, sprint back to start, right knee fall.

Sprint to end of rink, left knee fall, back to start, left knee fall.

Sprint to 2/3 cone, left knee, back to start, left knee.

Sprint to 1/3 cone, two-knee fall, sprint back to start, two-knee fall.

Whip & Push

When your jammer is coming around you need to give her a hand. One way to do this is to practice whips as you're coming out of a corner. Grab her left wrist with your right hand and whip her out of the corner. The other way is with pushes. Push straight out in front of you to the jammer's waist. Never push down or up, or you'll send your jammer to the floor. You will know she's ready for a push when she is crouching a little and putting her hands on her knees.

Shopping Cart

Pair up. The girl in front is the shopping cart and will be pushed by the girl behind her. The key is for the skater who is pushing to do so with her right hand only, and on the small of the back. The shopping cart will "steer" for the pusher as they go around the track, but will not propel herself; instead she will coast with all eight wheels on the floor. Going into the first turn, the shopping cart will coast on her LEFT SKATE ONLY, with the right leg extended out and back, as if in a stride. Coming out of the turn and into the straightaway, she will put her right skate back down and coast again, until the next turn. This drill will teach skaters how to "tag" and push, build strength, and deepen their stride. Both skaters should keep low (their backs will hurt more if they stand up). Alternate every thirty seconds. NOTE: this is taxing. You will hurt and be tired. But it's very effective!

Booty Blocking

Still in pairs, the skater in front will attempt to keep the skater behind her from passing. The booty blocker will assume a low, wide stance with knees bent and butt out, and position herself accordingly to remain in front while continually looking over her shoulder at the girl behind her. The girl attempting to pass will move side to side across the track and try to fake out the booty blocker to get by. Alternate every thirty seconds.

Blocker training(Shoulder-to-Shoulder)

Different teams have different strategies for blocker training, but the number one thing to learn is how to take and give a good hit. Hits are legal only if targeted on the side(no front or back hitting), and most effective if low and with the hips.

In pairs, push each other, shoulder to shoulder. Try to push the other blocker off the track. You will learn how to handle pressure coming from the side while skating forwards. Then work into general hits, which usually come from the shoulder and upper arms (J Block, Surge). Eventually you'll want to learn to hip check each other, which is a little more difficult but can be learned. Focus on skating low; when you stand up and hit, you usually fall down. The key to a good hip check is stepping into it with your leg.



Jammer training

Jammers need to learn how to find “paths” in a pack to work through. The best way to do this is to throw everything at her. Line up two rows of three skaters for a total of six. All are blockers and all are blocking the one jammer. The jammer is positioned behind the pack at 20 feet. On the whistle the pack and jammer goes. The jammer needs to work her way through all 6 blockers. The blockers learn to work together to block the jammer. This is very taxing on the jammer so once she’s worked her way through, call off the “jam” and have another girl try.

NOTES:

Hydration

Before exercise:

In addition to generous amounts of fluid in the 24 hours preceeding practice, drinking at least 12 - 24 ounces two or three hours before practice is recommended.

During exercise:

6 - 12 ounces of fluid at 15 - 20 minute intervals, beginning at the start of exercise, can facilitate optimal hydration.

After exercise:

Including sodium either in or with fluids consumed post exercise will help the rehydration process. Because most sports drinks do not contain enough sodium to optimize fluid replacement, athletes can rehydrate in conjunction with a sodium-containing meal.

Dryland Training

Ramp up your off-rink training to help avoid injury. Target a few key areas: abs, obliques, upper back and shoulders, and hamstrings. If you get shin splints, you’ll want to build up your dorsa flexors. Abs and oblique training is really important. It balances your back muscles, which will be strengthening over time due to your skate stance.

Also Recommended

20 minutes of aerobic exercise AT LEAST once per week. Biking, jogging, swimming, elliptical, etc.

Lunges - front, side & back; 20 per leg, at least once per week.

STRETCHES

Work from head to toe. Remember to hold each stretch for 30 seconds.

Standing:

Neck Roll from side to side

Cat stretch:



Shoulder stretch

Triceps stretch:



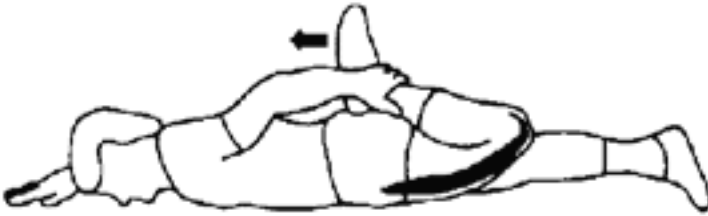
Groin stretch:



Butt muscle stretch:



Hamstring stretch
Quadriceps stretch:



Supermans
Toe pull:



Crunches x 20
Press ups x 10

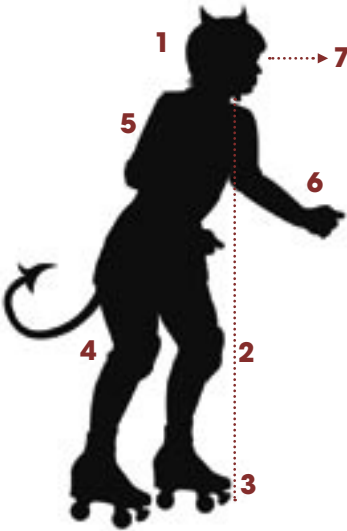
BASIC SKATING SKILLS

The "T" Stance

Tuck the heel of one skate into the arch of the other. This will enable you to stand still.

Skating stance

Before the correct skating stance becomes instinctive, you will have to visually align yourself to the correct points in space:



(1)(2)(3) - head, knees, and toes aligned; weight on the balls of the feet.

(4) knees well flexed

(5) torso flexed forward

(6) hands/arms ready to check a fall

(7) eyes focused ahead (a common beginner mistake is to stare at the skates or ground just in front of the skates.)

The T-Stop

Scissor one skate forward and pivot the other skate to the rear, ending at a right angle to the lead skate. Using the inside edge of the wheels of the drag skate, begin applying pressure to the floor to slow you down. Finally, to increase your stopping power, shift weight onto the drag skate and tilt it more forward.

Braking Problems and How to Correct Them

When performing a T-Stop the skater spins backwards.

The skate is not at a 90 degree angle to the other; or the drag skate is not located behind the lead skate but rather next to it or out to the side.

Crossover Turn

The purpose of the crossover is to maintain or increase speed through a turn. To help get the feel of forward crossovers, stand with skates together, then lift your right skate, cross it over in front of the left one, and place it on the floor. Now bring your left skate out from behind and place it directly beside the right one, returning to the starting position. Repeat this crossover movement marching sideways.

While rolling forward with weight over the left skate, cross the right skate over the left. When the right skate touches the floor, continue to roll forward on it as you bring your left skate from behind and place it beside the right one. Stroke with the right and repeat the motion.

Common Turning Problems and How to Correct Them

Skater falls backwards during turn.

Weight may be distributed on heels instead of the balls of the feet. The knees may not be bent and the skater may not be leaning into the turn.

Backward Skating

The stance for skating backwards is the same as it is for skating forward, except the torso is more upright. The knees are still bent and the weight is still on the balls of the feet. Begin with the skates closer than normal. The toes should be slightly pointing in; from this position push the skates outward and you will slowly move backwards. As the skates begin to move outside bring the heels of the skates towards each other. Repeat the process drawing hourglass shapes and propelling the body backwards. The skates should not leave the floor during this exercise.

If you're competent doing the hourglasses, try keeping one skate straight while drawing hourglass shapes with the other. You'll be leaning a bit to the outside of the gliding skate.

Be sure to watch behind you while attempting to skate backwards.

Mohawk Turn

Stand with your back against a wall and place your skates in a heel-to-heel position. Bend your knees slightly to feel more comfortable. For all but the most flexible, you'll be able to hold the position comfortably for no more than a few seconds.

Stand on the left skate with the right skate positioned slightly behind; turn the right foot heel-to-heel with the left and turn the shoulders and hips to the right as the left foot releases to become the trailing foot. There should be an easy bend of the knees at the moment of transition.

The arms and shoulders help make the turn. The left arm should be forward as you roll forward on the left skate. The right arm should be extended to the side. As the right skate comes in heel-to-heel, the shoulders should turn to match the hips, with both arms extended out to the sides. As the left foot is released, the shoulders should turn again to match the hips, leaving the right arm forward and the left arm extended out to the side.

Practice this turn going forward to backward and backward to forward, rotating the turn both clockwise and counterclockwise. Like spinning, this is a "practice, practice, practice" skill. Common mistakes include bending forward at the waist and not turning the shoulders to match the hips all the way through the turn.

Changing from backward skating to forward:

To change positions from back to forward the skater must shift the weight to the left skate, pick up the right skate and turn the toes until they are pointing in the opposite direction. The hips, shoulders, and head must also turn with the skate. Once turned the weight is shifted from the left skate to the right; as the weight is transferred the right skate the left skate can be picked up and turned around.

Connecting turns while skating backwards:

When skating backwards a simple turn is performed in the exact same manner as when skating forward. To turn to the skater's right the right foot is in the front of the stance and the weight is shifted in the direction of the turn. The opposite occurs for a left hand turn.