

# Hockey Speed: The Definitive Guide to Skating Faster

## 1. Straight-Line Sprints:

- Start with short sprints (20-30 yards) and gradually increase the distance.
- Focus on maintaining good form, long strides, and explosive power.
- Rest for 30-60 seconds between reps.

## 2. Cone Drills:

- Place cones at varying distances in a straight line or zigzag pattern.
- Skate between the cones with quick starts and stops, focusing on agility and acceleration.
- Adjust the distance and pattern to challenge your speed and coordination.

## 3. Lateral Skates:

- Practice skating sideways, pushing off with the outside edge of your blades.
- This drill improves edge control, leg strength, and lateral agility.
- Aim for 20-30 seconds on each side.

## 4. Plyometric Exercises:

- Include plyometric exercises like box jumps, jump squats, and lunges in your off-ice training.

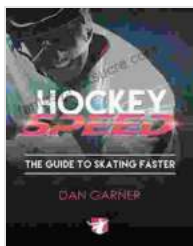
- These exercises enhance explosive power and leg strength, which translates to increased skating speed.

## **5. Hill Sprints:**

- If available, find a hill or incline and perform sprints up the slope.
- Focus on driving through your legs and maintaining good form.
- Start with short distances and gradually increase the incline and duration.
- Warm up properly before skating: Dynamic stretches and light cardio prepare your body for high-intensity skating.
- Stay hydrated: Dehydration can impair performance and limit muscle function.
- Use a speed-enhancing hockey stick: Sticks with a composite shaft and a low-profile blade can provide additional acceleration and control.
- Consider using speed skates: Speed skates are specifically designed to maximize skating efficiency and speed.
- Work with a coach: A qualified hockey coach can analyze your technique, provide personalized drills, and help you identify areas for improvement.

Improving skating speed in hockey requires a combination of proper technique, strength training, cardiovascular fitness, and dedicated practice. By incorporating the drills and tips outlined in this guide, you can develop the speed and agility needed to dominate on the ice. Remember, consistent

effort and patience are key to unlocking your full potential as a faster and more effective hockey player.



## Hockey Speed: The Guide To Skating Faster by Dan Garner

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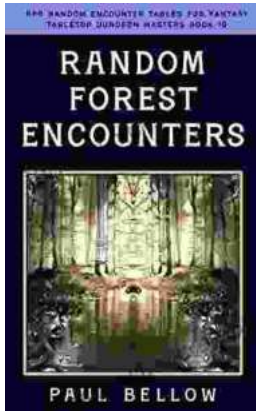
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