



Hockey Soccer

One of my favorite skating drills to teach young hockey players and to improve on / develop their balance, edge control and knee bend is the Hockey Soccer drill. Often I will instruct this drill in the middle of a power skating practice to break things up or at the end of a practice to reward the kids with a fun skating game.

The reasons we play the game:

It's a fun activity

It develops skating with "proper knee bend"

It develops skating with "head up"

It works and develops "good edge control and balance" of a skater

The rules of the game are:

No kicking the ball

No carrying the ball

No body checking

No sliding on the ice

The players push the ball along the ice with their gloves – keeping their knees bent, head up and use good edges and balance. I find a ratio of 5 to 1 – players to soccer balls works quite well. So for a team or group of 15 to

20 skaters use 3 to 4 soccer balls on the ice.

This is a great skating game for players at the Novice (7 to 8) and Atom (9 to 10) age levels. Everyone skates out - if we have extra help on the ice coaches or instructors play in net. Otherwise the players must hit the goalpost with the soccer ball to score!

It's a lot of fun and kids skate for miles without realizing how much they are skating and working on proper skating technique.



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