



Tornado's Edge

Coach Training



Tornado's Edge Coach Training

Purpose: To give guidelines when instructing a class with the Tornado's Edge Instruction Platform

SET-UP / SAFETY (www.tornadosedge.com/setup)

Find a parent volunteer for stations set-up, extra nets. Takes less than a minute to set and take down.

BEHAVIOUR / RESPECT OF EQUIPMENT AND EACH OTHER

Threaten to take them of the machine if they don't listen. "No bumping your buddies!!" Team concept

COMPETITIVE ADVANTAGE / USAGE TRACKING / WEAK SIDE TRAINING / TIME DRILLS / VIDEO

Oliver before and after. Research Papers are available

OUTSIDE EDGE / CONFIDENCE / OUT OF COMFORT ZONE / PULL STUDENTS / SKATE WITH STUDENTS / COACHES DEVELOPMENT

Verbal Queues, Fall and Get Up, Cycle and Spatial awareness, Break the drill down as needed, Static & Dynamic

INTRODUCE DRILL ON INSTRUCTION PLATFORM / SUCCESSFUL UPRIGHT REPETITION IS THE KEY

Everyone is Bambi to some extent, As adults we forget where the athlete is in learning.

EDGE DRILLS

C-Cuts, Bubbles, Slalom one & two foot, Cross Overs, Fwd and Bwd, one foot accelerations Fwd & Bwd

AGILITY

Russians, Jumps, one & two foot sit glides, stop and go, change directions, Goalies pad pushes & C-cuts

PIVOTS

Fwd to Bwd, Bwd to Fwd, one & two feet, one & two arm

STOPPING (4 EDGES)

You can teach Timbits / Novice both inside edges in minutes, outside edge T-stop, Work week side, french-fries / pizza!!

ADVANCED / DO DRILLS WITHOUT TRAINER / SHOW WHAT WAS LEARNED

Crosby's / Mohawks, Backward Undercuts, Cross Overs arm down, Shoot the Duck Fwd / Bwd, Karaoke

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- Pick 5 drills that you want to start with...get them to try them off the trainer after showing them on it!
- Be ready to add more drills to keep in interesting working in both directions of course.
- Refine drills achieved over and over to optimize the movements and keep introducing something new as their confidence rises.
- Take videos, document each player's ability right out of the gate and mark down their week sides.
- Group players according to ability as much as possible. (It doesn't hurt to have stronger players with weaker ones either once and a while either)
- Don't be scared to challenge the skaters introducing drills they aren't ready for.
- There are many edge work drills available so be creative with the kids.
- HAVE FUN!!!!

Here is a video showing in detail what we did with Oliver! Coaches can use the last 3 minutes for teaching crossovers on the tool.

<https://www.youtube.com/watch?v=o8kR8HWZYUo&t=50s>

Some more advanced drills:

<https://www.youtube.com/watch?v=l4lZlwdwxqM>

Here is the website:

<http://tornadosedge.com/>