



Tornado's Edge

Standard Forward Crossover Drill

Beginner / Intermediate



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Start drill with crossover instruction on proper hockey stance and what the proper foot motion looks like. The trainer is very effective at building confidence and muscle memory.

Guide

- Put similar skill leveled players together.
- If one of the kids gets excessively rough by running into others, take them off the trainer. That behavior will stop immediately. Young kids really enjoy using the trainer. They won't like getting bumped.
- Watch the arm height of the trainer during the drill. Re-adjust if not according to suggested height.
- You can encourage good behaviour by giving trainer time as an incentive.

Instructions

1. Before starting on the trainer, get the kids to stand together in a hockey stance. Then get them to cross their legs while stationary. Explain what a cross over is.
2. Ensure all kids have proper arm height. The best height is at the waist while in hockey stance.
3. First time skaters on the trainer should just start by skating at beginning and then trying a crossover.
 - a. For kids that are really challenged, just get them to raise the crossover leg to get confidence/muscle memory started.
4. It is not about speed, it is about proper technique. Slow them down.
5. The coach(es) can then skate with the kids getting them started explaining the motion and encouraging them as they understand how to do it.

Variations: It is easy to vary this activity to a C-cut or Bubbles.

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