



INTEGRATED PERFORMANCE

INJURY PREVENTION • RECOVERY • PERFORMANCE

12-SKATE PERFORMANCE SERIES

STAGE 3

BUILD THE SHIFT

Connect high-speed actions inside 30-45 second shifts, control bench recovery, and preserve useful decisions across repeated game blocks.

3

FULL-ICE SKATES

60

MINUTES EACH

RPE 8-9.5

PRIMARY INTENSITY

03 ADD DURATION AND DECISIONS

Stage 3 lengthens work from 30-second structured shifts to 40-45-second decision shifts, then tests the same qualities across three competitive blocks.

PRIMARY LOAD RULE

Track each athlete's actual shift and rest. Intensity comes from repeated useful actions, not constant maximal skating.



STAGE 3 OPERATING SYSTEM

Build the shift before testing the game.

Stage 3 lengthens work from 30-second structured shifts to 40-45-second decision shifts, then tests the same qualities across three competitive blocks.

7

30-SECOND SHIFTS

Three purposeful bursts are linked inside a controlled 30-second shift with fixed bench recovery.

SHIFT QUALITY

8

40-45 SECONDS + DECISIONS

Shift duration reaches 40-45 seconds and late cues increase the number of decisions and redirects.

GAME ACTIONS

9

THREE-BLOCK FATIGUE

Three scored blocks and shorter bench recovery test whether speed and decisions survive accumulating fatigue.

FATIGUE TOLERANCE

SKATE	PRIMARY QUALITY	PRIMARY W:R	COMPETITION	QUALITY CUTOFF
7	30 s shift construction	1:3	3v3 Horn-Change Game	No useful final burst
8	Longer decision shifts	1:3	4v4 Regroup-to-Attack	Pacing or repeated missed cues
9	Block fatigue tolerance	1:2 to 1:2.5	Best-of-Three Periods	Coasting or unsafe decisions

COACH CONTROL POINTS

- Track individual work and rest rather than relying on the game clock.
- Require a useful burst late in each shift, not a coast to the bench.
- Use fixed horn changes to standardize density across athletes.
- Add decision complexity before adding unnecessary continuous minutes.

DIAGRAM SCALE Routes use an approximately 54 m goal-line span. Measure all cones and gates on the actual rink.

READINESS RULE

- GREEN** Complete the plan with normal timing and competition load.
- YELLOW** Keep intent, cut 20-30% volume, add rest, remove contact.
- RED** No hard conditioning. Stop or convert to recovery.



7

SKATE 07 | 30-SECOND SHIFTS

Shift Build I: 30-Second Quality

Primary objective: Connect multiple short bursts into repeatable 30-second shifts while maintaining one true speed exposure before the game block.

TOTAL

60 min

PRIMARY W:R

1:3

INTENSITY

RPE 8-9

HARD WORK

5:30-7:00

METRIC

Final useful burst

SESSION MAP

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Readiness	Explain three useful bursts rather than uniform maximal skating.	Easy
3-13	Warm-up	Use the four-part preparation above.	60-90%
13-27	Shift builder	2 x 3 shifts at 30 s: acceleration, high-speed route, then COD/re-acceleration. Rest 90 s; 3 min between sets.	RPE 8-9; 1:3
27-39	Speed top-up	4 x timed 30 m from a moving start. Rest 2:15-2:30. Keep only reps within 3% of best.	95-100%
39-57	Competition	Full-ice 3v3 continuous-change game, 30 s horn. Four pods provide about 90 s rest. Five shifts when roster allows.	1:3
57-60	Reset	Easy glide, team score, and session RPE.	<65%

WARM-UP PREPARATION

- 2 min progressive skating and mobility.
- 3 min edges, pivots, and stops at moderate speed.
- 3 min 15 m bursts on a coach cue with relaxed glides.
- 2 min one 30 s rehearsal at 75-80% with three distinct bursts.

QUALITY GATE

Each shift needs three high-quality bursts rather than 30 seconds of constant sprinting. The final 8-10 seconds must still contain a useful action.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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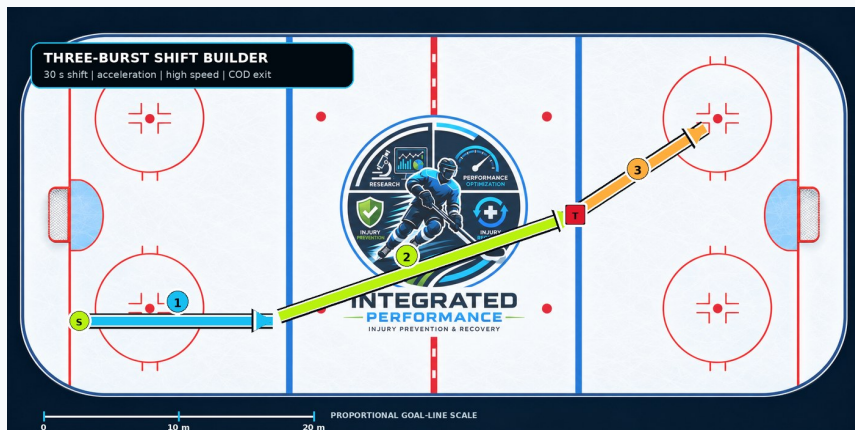
SKATE 07 | 30-SECOND SHIFTS

Three-Burst Shift Builder

Two sets of three 30 s shifts: acceleration, high-speed route, then COD/re-acceleration.

SCALED RINK SETUP

Two sets of three 30 s shifts: acceleration, high-speed route, then COD/re-acceleration.



HOW TO EXECUTE

- Burst 1: create speed**
Attack the first action with maximal acceleration.
- Burst 2: cover distance**
Use a high-speed route while posture and relaxation remain available.
- Burst 3: exit late**
Finish with direction change and a useful re-acceleration.
- Recover on the bench**
Rest 90 s; do not fill recovery with extra skating.

BUILT-IN COMPETITION | 12-SKATE CUP

3v3 Horn-Change Game

FORMAT + RULES

Full-ice 3v3 with four balanced pods. Puck remains live and the coach spots a new puck immediately. Horn changes every 30 s.

SCORING

1 per goal and 1 bonus after a controlled regroup and end-to-end attack in the same shift. Illegal or slow changes remove the bonus.

WHY IT FITS

Fixed changes standardize individual work and recovery while the bonus distributes high-speed actions across the whole shift.

COACHING POINTS

- Track individual shifts, not only game time.
- Demand a useful burst in the final 8-10 s.
- Use five pods if a skater cannot recover at 1:3.

SIMPLE ADJUSTMENTS

- Lower readiness: one shift-builder set and four game shifts.
- Higher readiness: add a puck or decision; keep 30 s and 1:3.
- Small roster: use 25 s work to protect at least 1:2.5 rest.

BEST 30 M

USEFUL SHIFTS / TOTAL

SESSION RPE / 10

NEXT ADJUSTMENT



8

SKATE 08 | 40-45 SECONDS + DECISIONS

Shift Build II: 40-45 Seconds Under Decisions

Primary objective: Extend shift duration and decision complexity while maintaining enough bench recovery to repeat game-speed actions.

TOTAL

60 min

PRIMARY W:R

1:3

INTENSITY

RPE 8.5-9

HARD WORK

7:00-8:30

METRIC

Repeat actions

SESSION MAP

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Readiness	Assign three or four units so individual rest can be controlled.	Easy
3-13	Warm-up	Use the four-part preparation above.	60-90%
13-28	Four-burst shifts	5 x 40 s. Coach calls one of three colored gates every 8-10 s: accelerate, redirect, recover posture, repeat. Rest 120 s.	RPE 8.5-9; 1:3
28-40	Repeat chase	2 x 3 partner chases at 12 s with one COD. Rest 48 s; 2:30 between sets.	95-100%; 1:4
40-57	Competition	4v4 regroup-to-attack, 45 s shifts with about 135 s rest. Four shifts each.	1:3
57-60	Reset	Easy skate, score recap, and unusual-fatigue check.	<65%

WARM-UP PREPARATION

- 2 min progressive skate with puck touches.
- 3 min pivot, crossover, and stop preparation.
- 3 min coach-cued route changes at 70-85%.
- 2 min one 20 s rehearsal containing four distinct actions.

QUALITY GATE

Intensity comes from repeated game-speed actions, not skating every second at one pace. Track actual individual work and keep bench recovery close to 1:3.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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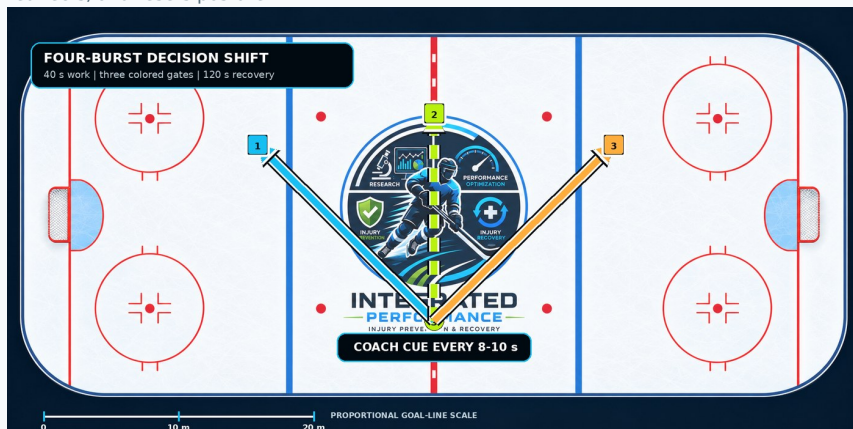
SKATE 08 | 40-45 SECONDS + DECISIONS

Four-Burst Decision Shift

Five 40 s shifts: coach calls one of three colored gates every 8-10 s; athlete accelerates, redirects, and resets posture.

SCALED RINK SETUP

Five 40 s shifts: coach calls one of three colored gates every 8-10 s; athlete accelerates, redirects, and resets posture.



HOW TO EXECUTE

- 1 Assign three gates**
Use clear colors with safe spacing and open deceleration lanes.
- 2 Cue every 8-10 seconds**
The late cue changes direction without changing the work duration.
- 3 Create four actions**
Each response should contain a purposeful burst, redirect, and posture recovery.
- 4 Keep 1:3 recovery**
Rest 120 s so game-speed actions remain repeatable.

BUILT-IN COMPETITION | 12-SKATE CUP

4v4 Regroup-to-Attack

FORMAT + RULES

Full ice, four units when possible, 45 s horn changes. Each possession regroup below its own goal line before attacking.

SCORING

2 for a goal after a controlled regroup, 1 for any other goal, and 1 bonus if all four attackers cross red under control before the shot.

WHY IT FITS

The regroup creates high-speed distance and a read before attack, extending work without meaningless laps.

COACHING POINTS

- Track individual 45 s work and about 135 s rest.
- Use timing on one chase lane to confirm speed remains present.
- Repeated high-speed actions matter more than constant pace.

SIMPLE ADJUSTMENTS

- Drop the fifth shift or use 35 s when fatigue is unusual.
- Advanced: use a late regroup cue or approved contact.
- No goalies: score through a 2 m entry gate or target pass.

FASTEST CHASE

QUALITY SHIFTS / TOTAL

SESSION RPE / 10

NEXT ADJUSTMENT

**9****SKATE 09 | THREE-BLOCK FATIGUE**

Three-Block Game Fatigue Tolerance

Primary objective: Maintain speed and decision quality across repeated competitive blocks, including a final effort when the legs are no longer fresh.

TOTAL**60 min****PRIMARY W:R****1:2 to 1:2.5****INTENSITY****RPE 8.5-9.5****HARD WORK****8:00-10:00****METRIC****Late speed****SESSION MAP**

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Readiness	Review block structure, rotations, and between-block recovery.	Easy
3-12	Warm-up	Use the four-part preparation above.	60-90%
12-20	Speed primer	3 x 20 m timed accelerations with 2 min rest, then one 30 m build. Stop if more than 3% slow.	95-100%
20-52	Competition	3 x 8 min games with 2 min intermissions. Use 35-40 s shifts and 70-100 s individual rest. Reset score each block.	1:2 to 1:2.5
52-57	Fatigue finish	4 x 8-10 s race efforts, departing every 60 s. Pair by current game performance.	95-100%; 1:5+
57-60	Reset	Easy glide, RPE, and late-speed comparison.	<65%

WARM-UP PREPARATION

- 2 min easy-to-moderate team skate.
- 2 min dynamic edges and pivots.
- 3 min 10-20 m build-ups with puck movement.
- 2 min one short line rush at 85-90% and a clean change.

QUALITY GATE

Use late-session race times to inform adjustment, not punishment. Individual shift count and length must stay controlled across all three blocks.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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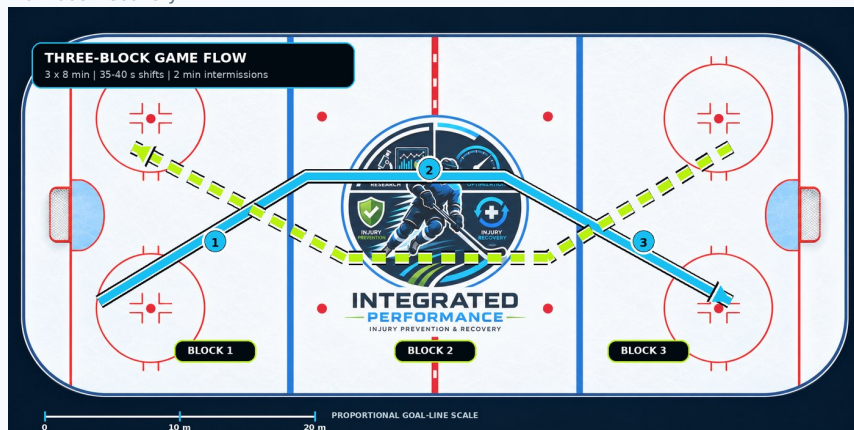
SKATE 09 | THREE-BLOCK FATIGUE

Three-Block Game Flow

Three 8 min full-ice blocks with 2 min bench intermissions, 35-40 s shifts, and 70-100 s individual recovery.

SCALED RINK SETUP

Three 8 min full-ice blocks with 2 min bench intermissions, 35-40 s shifts, and 70-100 s individual recovery.



HOW TO EXECUTE

- 1 Set balanced units**
Choose 4v4 or 5v5 and log each athlete separately.
- 2 Reset every block**
Use a fresh score so urgency returns at the start of all three blocks.
- 3 Recover for two minutes**
Hydrate, settle breathing, and give one tactical cue only.
- 4 Verify late speed**
Use the final 8-10 s races to check output, not punish the group.

BUILT-IN COMPETITION | 12-SKATE CUP

Best-of-Three Periods

FORMAT + RULES

Full-ice 4v4 or 5v5, three 8 min running-time blocks with 2 min intermissions and 35-40 s horn changes.

SCORING

Win a block for 3 Cup points; tie for 1. Goals in the final 60 s count double. The fatigue-finish race breaks a 1-1 tie.

WHY IT FITS

Resetting the score sustains urgency, and late goals reward useful execution when fatigue normally reduces intense actions.

COACHING POINTS

- Settle breathing and use one tactical cue between blocks.
- Do not compensate for a missed rotation with a 70 s shift.
- Use late speed to adjust the plan, not add punishment.

SIMPLE ADJUSTMENTS

- Lower readiness: use 3 x 6 min or 30 s shifts.
- Higher readiness: move recovery toward 1:2; do not add a fourth block.
- Remove final races when team practice already supplies scrimmage volume.

LATE SPEED LOSS

SHIFTS COMPLETED

SESSION RPE / 10

NEXT ADJUSTMENT