



INTEGRATED PERFORMANCE

INJURY PREVENTION • RECOVERY • PERFORMANCE

12-SKATE PERFORMANCE SERIES

STAGE 2

REPEAT THE SPEED

Transfer speed through direction change, repeat short accelerations, and build repeated-sprint ability without technical collapse.

3

FULL-ICE SKATES

58-60

MINUTES EACH

90-100%

PRIMARY INTENSITY

02 PRESERVE THE EXIT UNDER REPS

Stage 2 moves from isolated speed toward repeatability. Direction change comes first, then short acceleration clusters, then a higher-volume repeated-sprint exposure.

PRIMARY LOAD RULE

Progress direction, repetition count, and recovery density while protecting exit speed and safe mechanics.

**STAGE 2 OPERATING SYSTEM**

Change direction. Repeat acceleration. Maintain the exit.

Stage 2 moves from isolated speed toward repeatability. Direction change comes first, then short acceleration clusters, then a higher-volume repeated-sprint exposure.

4**CHANGE OF DIRECTION**

Planned arcs, stops, and pivots transfer straight-line speed into a new skating direction.

DIRECTION CONTROL**5****REPEATED ACCELERATION**

Short maximal clusters reduce recovery while preserving explosive starts and a fast exit.

REPEAT QUALITY**6****REPEATED-SPRINT ABILITY**

Greater repetition count and less recovery test whether the athlete can preserve the exit late in each set.

OUTPUT CONTROL

SKATE	PRIMARY QUALITY	PRIMARY W:R	COMPETITION	QUALITY CUTOFF
4	COD + curvilinear speed	1:4 to 1:6	Two-Gate Escape	Alignment or exit quality fades
5	Repeated acceleration	1:4	2v2 Quick-Strike	Two reps >5% slow
6	Repeated-sprint ability	1:3 to 1:4	3v3 Transition Sprint	Two reps >5% slow

COACH CONTROL POINTS

- Control entry speed before increasing cut angle or reaction complexity.
- Track fastest, average, and final rep without encouraging pacing.
- Extend recovery before accepting more than about 5% time loss.
- Use measured gates; the rink illustration is a proportional planning tool.

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.



4

SKATE 04 | CHANGE OF DIRECTION

Change of Direction and Curvilinear Speed

Primary objective: Transfer speed into controlled braking, crossover paths, pivots, and rapid exits while introducing longer competitive efforts.

TOTAL

58 min

PRIMARY W:R

1:4 to 1:6

INTENSITY

90-98%

HARD WORK

3:00-4:00

METRIC

Exit quality

SESSION MAP

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Readiness	Review lane spacing and the no-contact angling rule for competition.	Easy
3-13	Warm-up	Use the four-part preparation above.	60-90%
13-25	Arc speed	2 x 4 reps at 8-10 s: accelerate into a circle arc, crossover through 90-135 degrees, exit 15 m. Rest 55-70 s; 3 min between sets.	92-98%; 1:6
25-38	Brake-pivot-exit	6 x 9-12 s: 15 m entry, stop or pivot on coach cue, 15 m exit. Alternate cues. Rest 60-75 s.	90-98%; 1:5-1:6
38-54	Competition	Two-gate escape, 1v1, 20-25 s rounds. Attacker chooses either exit; defender angles without body contact.	RPE 8-9; 1:4
54-58	Reset	Easy glide, adductor/hip check, and scoring recap.	<65%

WARM-UP PREPARATION

- 2 min easy skate with wide arcs and both-direction crossovers.
- 3 min edge-to-edge slalom from shallow to moderate angles.
- 3 min stop, pivot, and backward-to-forward transition rehearsal.
- 2 min two 15 m exits at 85-90% from opposite-direction cuts.

QUALITY GATE

Control entry speed before increasing cut angle or decision complexity. Remove reps that lose alignment, edge pressure, or a clean exit.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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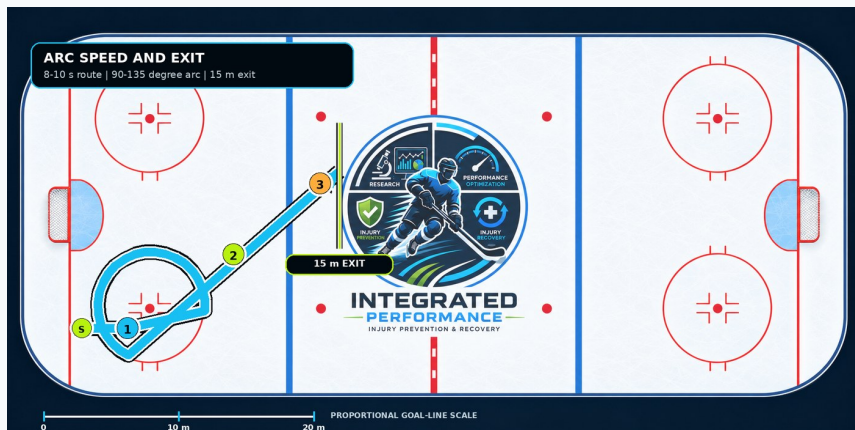
SKATE 04 | CHANGE OF DIRECTION

Arc Speed and Exit

8-10 s route: accelerate into a circle arc, crossover 90-135 degrees, then exit 15 m.

SCALED RINK SETUP

8-10 s route: accelerate into a circle arc, crossover 90-135 degrees, then exit 15 m.



HOW TO EXECUTE

- 1 Enter with control**
Build speed before the arc without arriving too fast to own the edge.
- 2 Hold the arc**
Maintain knee/hip alignment and pressure through the crossover path.
- 3 Exit in the new line**
Finish the turn with a forceful push and 15 m acceleration.
- 4 Add the late cue**
Progress from a known exit to a coach-selected gate only after footwork is clean.

BUILT-IN COMPETITION | 12-SKATE CUP

Two-Gate Escape

FORMAT + RULES

1v1 in a 25 x 20 m area, four rounds each. Attacker enters the middle box then chooses either gate. Defender angles with line and stick only.

SCORING

Attacker: 2 for a clean exit and 1 for drawing a defender penalty. Defender: 2 for a controlled stop or turnover. Best pod total wins.

WHY IT FITS

The defender creates a late cue, forcing braking, redirection, and re-acceleration instead of a memorized cone route.

COACHING POINTS

- Control entry before increasing the cut angle.
- Keep pressure through the turn and push into the exit.
- Keep competition boundaries away from the boards.

SIMPLE ADJUSTMENTS

- Use a wider gate and shallower cut while edge confidence builds.
- Add a puck or second cue only when footwork stays clean.
- Defencemen can start backward; forwards can start from a wall route.

BEST EXIT TIME

CLEAN CUTS / TOTAL

SESSION RPE / 10

NEXT ADJUSTMENT



5

SKATE 05 | REPEATED ACCELERATION

Repeated Acceleration: Alactic Capacity

Primary objective: Repeat short explosive bouts with incomplete but generous recovery, keeping each burst fast before longer shift work is introduced.

TOTAL

59 min

PRIMARY W:R

1:4

INTENSITY

95-100%

HARD WORK

3:30-4:30

METRIC

Time loss

SESSION MAP

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Readiness	Check legs, explain the time-loss rule, and assign equal pods.	Easy
3-13	Warm-up	Use the four-part preparation above.	60-100%
13-25	Burst clusters	2 x 5 reps at 6 s maximal, departing every 30 s. Use 10 m out/back or 25-35 m with one turn. Rest 3 min between sets.	100%; 1:4
25-38	Tempo shifts	4 x 30 s at 85-92% through a three-burst pattern. Rest 90 s. Recover smoothly between bursts.	1:3
38-55	Competition	2v2 quick-strike in each end zone. Four 20 s live rounds with 80 s recovery.	Bursts 95-100%
55-59	Reset	Two easy laps, RPE, and fastest/slowest burst if timed.	<65%

WARM-UP PREPARATION

- 2 min progressive skating and edges.
- 3 min start-stop patterns over 10 m.
- 3 min two-direction 10 m shuttles at 70-85%.
- 2 min two 5-6 s maximal primers separated by 60 s.

QUALITY GATE

The first 6 s rep should look like the fifth. Extend recovery or end the set when two consecutive timed reps are more than 5% slower than the fastest.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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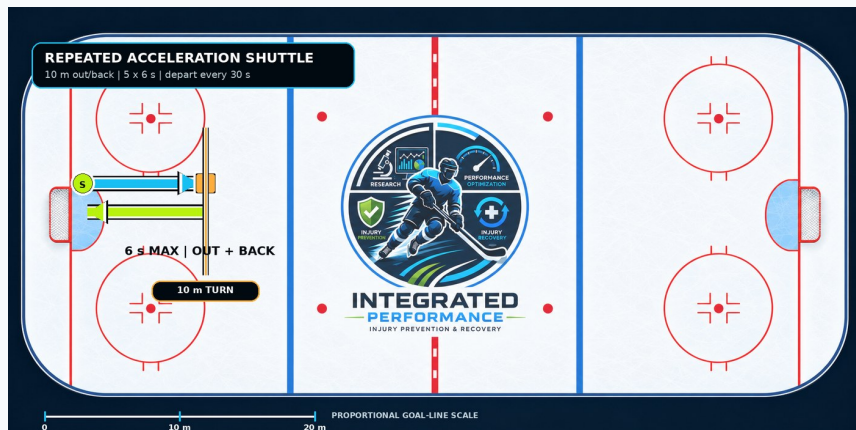
SKATE 05 | REPEATED ACCELERATION

Repeated Acceleration Shuttle

Two sets of five 6 s efforts: 10 m out/back, departing every 30 s with 3 min between sets.

SCALED RINK SETUP

Two sets of five 6 s efforts: 10 m out/back, departing every 30 s with 3 min between sets.



HOW TO EXECUTE

- 1 Start at full intent**
Attack the first 10 m. Do not hold back to protect the final rep.
- 2 Own the turn**
Reach the line, control the change, and create a fast first exit stride.
- 3 Use the clock**
Depart every 30 s for 24 s recovery after a 6 s effort.
- 4 Apply the cutoff**
Add rest or end the set after two consecutive reps exceed 5% time loss.

BUILT-IN COMPETITION | 12-SKATE CUP

2v2 Quick-Strike

FORMAT + RULES

Simultaneous end-zone games, four 20 s rounds per athlete. Coach replaces dead pucks. Possession must change direction before a shot.

SCORING

2 for a goal, 1 for a slot shot, and 1 defensive point for a clean takeaway and exit. First team to 7 wins.

WHY IT FITS

Small numbers create repeated starts, stops, and puck races that match the short-burst target better than passive skating.

COACHING POINTS

- Maximal 6 s reps; no pacing.
- Three purposeful bursts in each tempo shift.
- Use scanning or glide between bursts, not constant grinding.

SIMPLE ADJUSTMENTS

- Lower exposure: 4 reps per set and three game rounds.
- Recovery-limited: depart every 36 s before cutting intensity.
- Advanced: add a reaction cue but do not add a third set.

FASTEST BURST

FINAL-REP LOSS

SESSION RPE / 10

NEXT ADJUSTMENT

**6****SKATE 06 | REPEATED-SPRINT ABILITY**

Repeated-Sprint Ability: Maintain the Exit

Primary objective: Increase repeat volume and reduce recovery while preserving speed late in each effort and across multiple sets.

TOTAL**60 min****PRIMARY W:R****1:3 to 1:4****INTENSITY****93-100%****HARD WORK****5:00-6:00****METRIC****Final-rep drop****SESSION MAP**

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Readiness	Confirm the route and identify each skater's quality cutoff.	Easy
3-13	Warm-up	Use the four-part preparation above.	60-100%
13-28	RSA gate	2 x 6 reps at 8-10 s: goal line to near blue, hard turn, return through finish. Depart every 40 s; 3 min between sets.	95-100%; 1:3-1:4
28-41	Mixed cluster	2 x 4 reps at 12 s with forward burst, lateral/crossover action, and 15 m exit. Rest 48 s; 2:30 between sets.	93-98%; 1:4
41-57	Competition	Full-ice 3v3 transition sprint. Four 30 s shifts with about 90 s bench rest.	RPE 8-9; 1:3
57-60	Reset	Easy glide; record fastest rep and final-rep drop.	<65%

WARM-UP PREPARATION

- 2 min easy skating with edge changes.
- 3 min progressive shuttle routes at 60-80%.
- 3 min two 20 m builds plus one controlled hard stop.
- 2 min one 8 s maximal test rep, then full recovery.

QUALITY GATE

Track fastest, average, and final rep without encouraging pacing. Add 10-15 s rest or end the set when two reps exceed 5% time loss.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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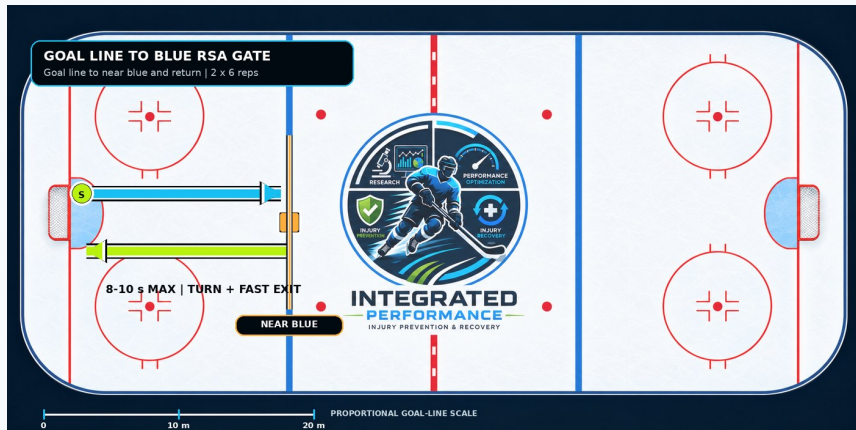
SKATE 06 | REPEATED-SPRINT ABILITY

Goal Line to Blue RSA Gate

Two sets of six 8-10 s efforts: goal line to near blue, hard turn, and fast return through the finish.

SCALED RINK SETUP

Two sets of six 8-10 s efforts: goal line to near blue, hard turn, and fast return through the finish.



HOW TO EXECUTE

- 1 Start maximal**
Attack the outbound line without pacing the set.
- 2 Turn under control**
Reach the gate, load the edge, and keep posture through the change.
- 3 Maintain the exit**
Judge the repetition by speed leaving the turn, not only arrival speed.
- 4 Protect set quality**
Use 3 min between sets; add 10-15 s or stop after the cutoff.

BUILT-IN COMPETITION | 12-SKATE CUP

3v3 Transition Sprint

FORMAT + RULES

Full ice with 30 s horn changes and about 90 s individual rest. Every new possession attacks the far end; coach replaces dead pucks.

SCORING

2 for a goal within 8 s of possession, 1 for any other goal, and 1 defensive point for preventing a controlled red-line entry.

WHY IT FITS

The scoring window rewards a fast exit late in repeated work and prevents slow possession skating.

COACHING POINTS

- Track fastest, average, and final rep.
- Judge the exit from the turn.
- Keep the deliberate 3 min between-set recovery.

SIMPLE ADJUSTMENTS

- If two reps exceed 5%, add 10-15 s or end the set.
- Strong recovery: add a decision, not automatic repetitions.
- Use a 30-35 m straight route to reduce turning load.

FASTEST REP

FINAL-REP DROP

SESSION RPE / 10

NEXT ADJUSTMENT