

## A2 Skating Agility-Balance-Power-Coordination Circuit U18

### Key Points:

Focus on good technique with the weight over the middle of the blade and using as much blade on the ice as possible. Use the Chocktow Turn in the front to back pivots and cut small S's while on one foot.

### Description:

The players rotated through these stations.

1. One leg skating while being pulled to the side with a rope.
2. Pull a partner who holds onto a strap and gives resistance.
3. Triangle agility skate with stop and turn.
4. Goalie crease skating.
5. Front to back pivots each way. (Chocktow should be learned)

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