

A2 Transition Turn Forward to Backward

Key Points:

Practice turning from front to back and don't lose any speed. This turn is smooth with a minimum of crossovers.

Description:

Gaston Schaeffer teaches an efficient transition turn from forward to backward. The benefit of this pivot is that the player keeps the skating momentum.

If skating to the right the weight is on the right leg and the left skate goes behind at an angle to the turn, the player transfers the weight to the left leg and does a crossover.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110421072659315>

