

B600 Skating for Quick Feet

Key Points:

Keep the feet moving all the time. The body follows the shoulder turn on crossovers.

Description:

1. Three players leave at a time.
2. Skate full speed around the far circle.
3. Go to the other blue line for the next rep.
4. One group at a time leave.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100915073922633>

