

A4 - Skating Skills 4 Lanes – Pro

Key Points:

Practice all of the edges and the stride both forward and backward.

Organization:

Divide the ice into 4 lanes with a group going down and back on the outside and middle lane on each half. Introduce a new skill after each down and back.

Description:

1. Stride in an arc on the inside edges.
2. Cross-over with big strides on the outside edges.
3. Both legs at once on the inside edges and cross under to the outside edges.
4. Alternate sides with the heel to heel slide in an arc each way then add a stride.
5. Skate backward with a glide on the inside edges.
6. Backward step-over's to the outside edges and glide.
7. Quick backward step-over's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812185145906>

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<https://youtu.be/hFbPIfp9tGM>

