

F - Agility Skating - RB Pro 2

Key Points:

Stay low and turn the inside shoulder into the turn. Keep the feet moving and open the hips in the backward pivot.

Description:

1. Nets are in the corners.
2. Two players skate around a net with a tight circle then a bigger circle and hard to the blue line.
3. Repeat in the other direction around the net in the other corner.
4. Defensemen skate from the blue line backward at a 45 degree angle.
5. Pivot to the inside to a glove in the middle at the top of the circles.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150709225531745>

