

## F202 – Skating for Quickness and Agility - Pro

### Key Points:

Start low from a good athletic position. The first 3-4 strides fall forward with the toes pushing back and out and then the stride is side to side.

### Description:

1. Quick Feet – Detroit – skate from the blue line to the red line.
2. Quick Feet - Tight Turn – Pro – skate hard in an arch, feint and tight turn the other way.
3. Quick Feet Arch Skate – Pro – skate fast around the top of the circle.
4. Quick Start – Pro – focus on the toes out and first few strides.
5. Small Ladder – Pro – start hard two or three strides-stop-back to blue-hard to red line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140909092948329>

<https://youtu.be/7aNk0Xh7c80>

