

A - Edges and Skating Posture – Pro

Key Points:

Bend the knees and stay low skating level. Use the edges.

Description:

1. Zig-zag with a puck one blue line to the other with tight turns using inside and outside edges.
2. Players skate near the boards with a puck and do tight figure eights leading with the inside leg.
3. Players on the red line, stay low without bobbing up and down and do cross-overs each way. Start slowly then increase the speed and stay level.
4. Players start from the blue line and cross over once to the right, then plant the back edge and quick cross over start, skate quickly to the other blue line. Push hard, create tension against the ice.
5. Knees over toes, shoulders no farther forward than the knees. Hold two sticks fall forward with toes out and quick, short first five strides across the neutral zone.
6. Skate one blue line to the other, cross over start, stay low and face one direction stopping.
7. Skate across neutral zone and make a tight glide turn at each way at the blue lines. Stop at the red line.
8. Do Crosby heel to heel glide each way across the ice x 4. Glide in an arc.
9. Add a T-push with the inside edge to the heel to heel glide and keep the upper body level. Skate around the circle using the heel to heel glide with a T-push and tight outside glide turns with sticks on the ice.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20160920102114960>

https://youtu.be/55eHS_tP4Es



