

## A3 Backward Crossovers in 5 Circles

### Key Points:

Back is upright, stride out with the toes pointed a little in. Transfer weight one side to the other. Skate one direction and then the other.

A great explanation on technique is in Gaston Schaeffer's video's in the skating section.

<http://hockeycoachingabcs.com>

### Description:

1. Focus on striding with outside leg.
2. Skate using each leg.
3. Hold partners sticks and face in.
4. Two skate across then around.
5. Skate the five circles 4 at a time.

Video of this circuit: <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010040408031239>

