

A500 - Tight Turn 8's - SW

Key Points:

Tight turn with knees bent and inside leg in front. On the forehand turn do as the goalie in the video and keep the top hand at the side and elbow back. **Don't cross your hands as you cannot shoot or pass right away (new thought being taught now).**

Description:

1. Carry a puck while doing these tasks and alternate turns with a partner.
2. Do two figure eights starting to the right with turns about 8 m. apart – switch.
3. Do two figure eights starting to the left – switch.
4. Repeat facing forward all of the time.
5. Repeat using a heel to heel turn (Crosby, Selanne)
6. Repeat skating backward. Also carry only on the forehand, then only backhand.

**Avoid using pylons as repeating in the same spot ruins the ice. Players can figure out how to do a number 8 as they all go to school. There are enough lines and dots on the ice to use as guidelines without the pylons (after players are 100 lbs. or 45 kg.)*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506141803832>

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<https://youtu.be/NJ8taXGNZwY>

