

## A3 Skating Edges and Balance Warm-up - Kazakstan W

### **Key Points:**

Skate forward, backward, pivot, Good to just go around when backward. Full speed 8's can be dangerous. A guy I play with collided with his best friend doing the big 8 and his friend died as a result of hitting his head on the ice.

### **Description:**

1. Player lead or the coach call out the technique.
2. Skate forward and backward.
3. Striding, crossovers, transition forward to backward, backward to forward.
4. Side to side smooth transition.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120911085544248>

