

## B202 Skating for Quickness and Re-focus

### **Key Points:**

Running start with the toes out and a deep knee bend. Burst through the neutral zone as fast as possible.

The skate in the video was to increase the intensity in the drill they were doing at half speed and is a tool the coach can use to refocus practice.

### **Description:**

1. Players skate through the neutral zone as fast as possible on the coaches whistle.
2. Do 1 time skate a 3 times rest ratio.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102320887>

