

## F – Full Length Ladder Skate and Test - Pro

### Key Points:

Skate all the way to each line before going the other way. A good practice is to always face the same wall when stopping so you do it each side. At least 4 groups. Can be a fitness test.

### Description:

- 1 – First blue line and back.
- 2 – Red line and back.
- 3 – Far blue line and back.
- 4 – End and back.

*F - Ladder Fitness Test - Prospects*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708225545438>

<https://youtu.be/njasfbQ-xkQ>

*F - Ladder Skate – Pro*

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<https://youtu.be/QYn8MNDzAho>

