

## A3 Forward and Backward Striding

### Key Points:

Players work on the forward and backward skating stride. Maintain good body position with the knees bent and weight transfer from side to side.

The toes are pointing out a little in the forward stride and in while striding backward.

Gaston Schaeffer's two skating videos give a great explanation and demonstration of the proper mechanics in English.

### Description:

1. One leg push to the side with good posture and finish with a push. Do this when practicing both the forward and backward stride.
2. Long strides forward with good weight transfer, then long strides backward.

\*The video section has many other exercises that can be done using this circuit. The ABC cards, the Minnesota and other video's have many balance and agility exercises.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100403075259345>

for the video of the forward stride.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100403075402691>

for video of the backward stride.

