

A2-B202 Conditioning Agility Skate

Key Points:

Quick feet, shoulder leads in crossovers. Learn to turn with speed in both directions. A puck could be added.

Description:

1. Skate half circles with quick crossovers in 4 groups. Go hard to blue or red line.
2. Redline and back in 6 groups.
3. Red line-back-far blue line in 6 groups.
4. Blue to red-tight turn-back to blue.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151041624>

