## A300 European Skate - Puckhandling

## Key Points:

-Quick feet, crossovers.

- -Push the puck on the flat sections.
- -Accelerate on the turns.
- -Control and protect the puck on turns.

## **Description:**

-Groups of 3-4 players leave on the whistle and skate with the puck 1.5 laps.

-An extra half lap can be added and finish at the opposite end.

-Repeat 4 times, 2 forward and 2 backward.

-Both groups or only one group at a time can leave.

