

A3 Skating Five Circles

Key Points:

Skate around the five circles and change direction each circle. Upper body rotate in when skating forward.

Description:

1. Start in the corner and skate around all five circles.
2. Forward, backward and alternating directions are possible.
3. Send between 3-5 players at a time.
4. Add carrying a puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120730132855771>

