

A3 Backward to Forward Pivots and Starts

Key Points:

Knees must be bent and the hip open for the turn. Practice in both directions.

Description:

1. Start skating backwards with a few crossovers before striding.
2. Skate the full length of the ice alternating back to forward.
3. Skate figure 8's going sideways to forward.
4. Skate circles forward to facing the inside. Switch directions.
5. Skate the 5 circles.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100405064612224> is a video of this skill.

