

A500 - Skating Agility and Skills Circuit – Pro

Key Points:

Keep the feet moving when carrying the puck and passing. Carry in the triple threat position and don't cross the hands on the tight forehand turn if under pressure.

Description:

A – Skate around the circle facing the dot. Left $\frac{1}{4}$, $\frac{1}{2}$, Right $\frac{1}{4}$, $\frac{1}{2}$. Alternate between forward and backward skating.

B – Weave through 3 pylons near the blueline, cut in from below goal line-shoot, get a puck behind the net and walk out-shoot.

C – Defensemen skate to top of circle, get a puck and skate back, tight inside turn, skate toward the corner and pass to the pointman - drag and shoot.

D – Leave with a puck from the blue line and skate to the goal line. Skate a figure 8 starting outside then turn inside at the blue line, outside low and hard to the blue line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150719104730786>

<https://youtu.be/7p8DznSs4YI>

