

B500 Agility Skating

Key Points:

Keep the feet moving in a good balance position.

Description:

A. Skate to the dot and then laterally and back etc. Always face the far end. Finish with a shot.

-Can also be done with a puck.

B. Skate facing the far end while exchanging pucks with 2.

Go both ways.

You can finish with a shot.

