

# 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.

