

## T1 - A500 - Pivots-Tight Turn-Crosby – Pro

### **Key Points:**

Work on tight area agility skating. Keep the knees bent, stay low and use the edges with the shoulders leading.

### **Description:**

1. Skate half way around the circle and come back.
2. Crosby with a back leg push to the right.
3. Skate half way then return with a Crosby to the left.
4. Tight turn left at the starting point.
5. Repeat to the left and finish with a right tight turn.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150720225414942>

<https://youtu.be/B2DzJB2O70A>

