

A300 Tight Turn Circuit - Finland Pro

Key Points: Use all of the edges with a good knee bend to change directions. Shoulders lead the turn.

Start without pucks and then add pucks.

Description:

1. 1-2 forward to backward then 3-4. Also backward to forward.
2. One leg pushes around circle. 1-2 then 3-4.
3. Tight turn around corners.
4. Forward to backward and B to F.
5. Tight turn with puck then skate and shoot.
6. #8's alternate forward to backward.

The video with the same title is in the skating video section.

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20100409081949965>

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<https://youtu.be/daWj3eoQ3dM>

