

B6 Crossover Skating and Skills - U18 F

Key Points

Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

Cross Overs and Skills

Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand
- Follow shot for a rebound.
6. One legged skull turns

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120418155124444>

<https://youtu.be/FswE-MMlaUc>

