

## F - Conditioning Skate - RB Pro

### Key Points:

D pivot and F start and stop

### Description:

The D skate hard to the far blue then power turn backward to the blue and mohawk to get a puck from the corner, take it to the blue line, walk the line and shoot from the point.

A. Forwards skate blue line to blue line stop and start x1 and x2, then blue to red in order x1, x2, x3. do 2 sets facing one way when they stop. You can add a shot after.

\*\* In the video section there are demonstrations of many drills focusing on skating for conditioning and agility.\*\*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123852417>

<https://youtu.be/QabRhPI6X9s>

