

F - A202 - Skating for Quickness and Agility - RB Pro

Key Points:

Hockey requires quick feet and agility to change directions. Keep the knees bent and use the outside edges.

Description:

1. Skate hard from blue to red line-Stop-hard back over blue line.
2. Skate hard to red line-turn inside-tight turn and back to blue.

Alternate directions.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115343158>

<https://youtu.be/YEIVwjOI-cE>

