

## A2 Starting and Stopping - Youth

### Key Points:

Work on quick starts and sudden stops. Fall forward and take quick steps back the first few strides and then stride side to side.

### Description:

1. Start at each line with the last line open.
2. Stop on the line ahead.
3. If many players use every line and fewer skate through a zone.
4. To work on stopping from both sides always face the same side on the stop.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110731122938652>

<https://youtu.be/OelmHu0gKGk>

