

## A200 - Skating Warm-up for Edges and Balance with a Puck and Shot - U18 F

### Key Points:

Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises with a puck.

### Description:

#### *A200 Formation in Four Groups*

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.

**Repeat the same sequence but skate Backward.**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005152108885>

<https://youtu.be/upJ-GVaoTOQ>

