

A2 - Choctaw and Tight Turns - Dr. Gaston Schaeffer

Key Points:

Skate front to back on an arc using the Choctaw pivot and then do a tight turn each way before going to the next dot.

Description:

1. Leave skating forward from behind the goal line.
2. Before each dot do this sequence.
3. Choctaw pivot front to back.
4. Open up facing forward and turn.
5. Tight turn one way.
6. Tight turn the other direction.
7. Alternate which side you do the first Choctaw turn.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120812134621752>

<https://youtu.be/shujBk3w0d0>

Demonstration of the Choctaw front to back pivot.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20110421072659315>

Gaston Teaches Choctaw

<https://youtu.be/pOq-Hwo8wpE>

