

A2 - Skating Agility-Balance-Power-Coordination Circuit - U18 W Camp

Key Points:

Focus on good technique with the weight over the middle of the blade and using as much blade on the ice as possible. Use the Choctaw Turn in the front to back pivots and cut small S's while on one foot.

Description:

The players rotated through these stations.

1. One leg skating while being pulled to the side with a rope.
2. Pull a partner who holds onto a strap and gives resistance.
3. Triangle agility skate with stop and turn.
4. Goalie crease skating.
5. Front to back pivots each way. (Choctaw should be learned)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120819123102221>

A2 Skating Agility-Power-Balance U18

https://youtu.be/LNrhejd_-jQ

A2 Crossover-Pivots-Balance U18

<https://youtu.be/SaUAfrSWluM>

A2 Partner Pull U18

<https://youtu.be/U2935xmCrPc>

A2 Pivot Front to Back and Goalie Crease Skating U18

<https://youtu.be/Fx-ArhJqT1A>

A2 Triangle Pivot U18

<https://youtu.be/0inJtvYCxCQ>

