

A2 Skating Edges – Pro

Key Points:

To be able to use all of the edges for power and balance.

Description:

Pro prospects are shown the various exercises to use the edges and skate one lane and back from diagonal corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812185145906>

https://youtu.be/P_M_rkGI_9M

