

A2 Skating Warm up-Edges and Balance Position

Key Points:

Be in a good athletic position with the knees bent, back upright and lead with the chest and head up. Use all of the edges.

Description:

Gaston leads a skating warm up.

Exercises use the inside and outside edges, proper body position both forward and backward as well as a one skate exercise that requires a good balance position and use of all of the edges.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110423080435937>

