

A2 - Inside Edge - Head and Shoulder Fake - U17 M

Key Points:

Coach give instructions and two players leave working on both edges, change of direction with head and shoulder fakes.

Description:

1. Flat footed skating, no puck, push with inside edges and look each way.
2. Alternate legs weaving down the ice with the inside edge.
3. Same alternating legs but do a fake and quickly go onto the other leg.
4. Two footed skating cross the outside leg behind.
5. Cross outside leg behind then push hard.
6. Glide on inside edge then quickly change directions with cross overs.
7. Same but stick fake one way then quickly bring the stick across the body.

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<https://youtu.be/-WSwvXeFIsU>

