

T3 - Side-slide-slide – C U18 F

Key Points:

Skate with toe caps facing the attacker and stick on the puck. Be in an athletic position with knees bent and slide on the inside edge so you can load and change directions.

Description:

1. Players slide side to side with toe caps facing the attacker.
2. Stick on the ice and on the puck.
3. Stay defensive side between attacker and net.

T3 - Side-slide-slide – C U18 F

<https://youtu.be/oxmOTwIQlcl>

