

T3 - B5 - Lateral Slide - Tail Tag - C U18 W

Key Points:

Start with a lateral slide to keep toe caps toward the puck carrier. Add one or two lateral pushes and load with the outside leg to go the other way. Put sticks on the blue line and play 'Tail Tag' keeping the skate blades on the ice facing opponents using the lateral slide technique.

Description:

1. Lateral slide each way.
2. Lateral slide with one or two pushes.
3. Sticks on blue line.
4. Everyone in one zone no sticks.
5. Play 'Tail Tag.'

** Scooter with blades on ice and toe caps face the opponent.*

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<https://youtu.be/c9nCIDbhsMk>

