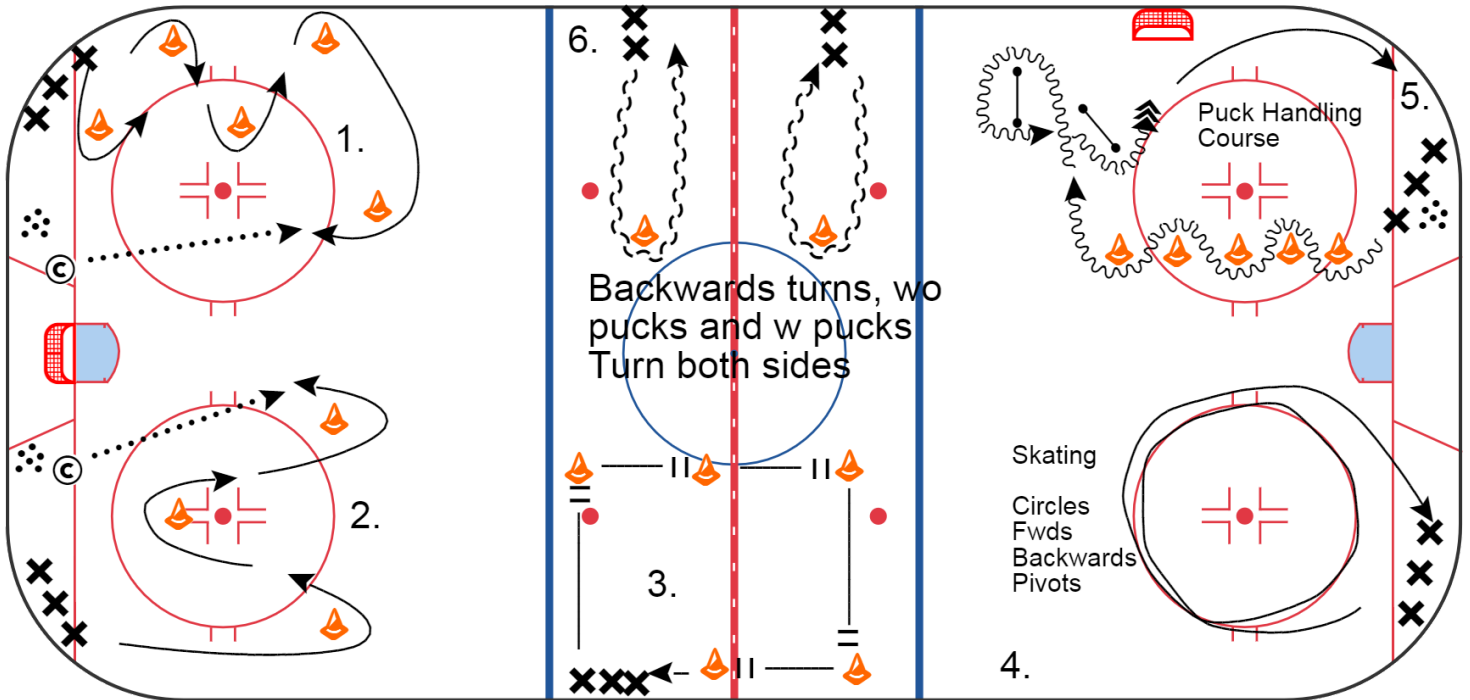




Hawks U7 - Week 8 Session 2



Description

- 1. Inside Edge Acceleration** - Players skate on one leg alternating legs working on inside edge knee bends. Accelerate around final cone for pass from coach for shot.
- 2. Zig Zag Glide Turns** - Players skate the cone course making two foot glide turns, finish with a pass from coach. Stick on ice, lead leg out on turn, good posture. Can also be done on one leg.
- 3. Stop Box** - Players work on stopping with right and left leg