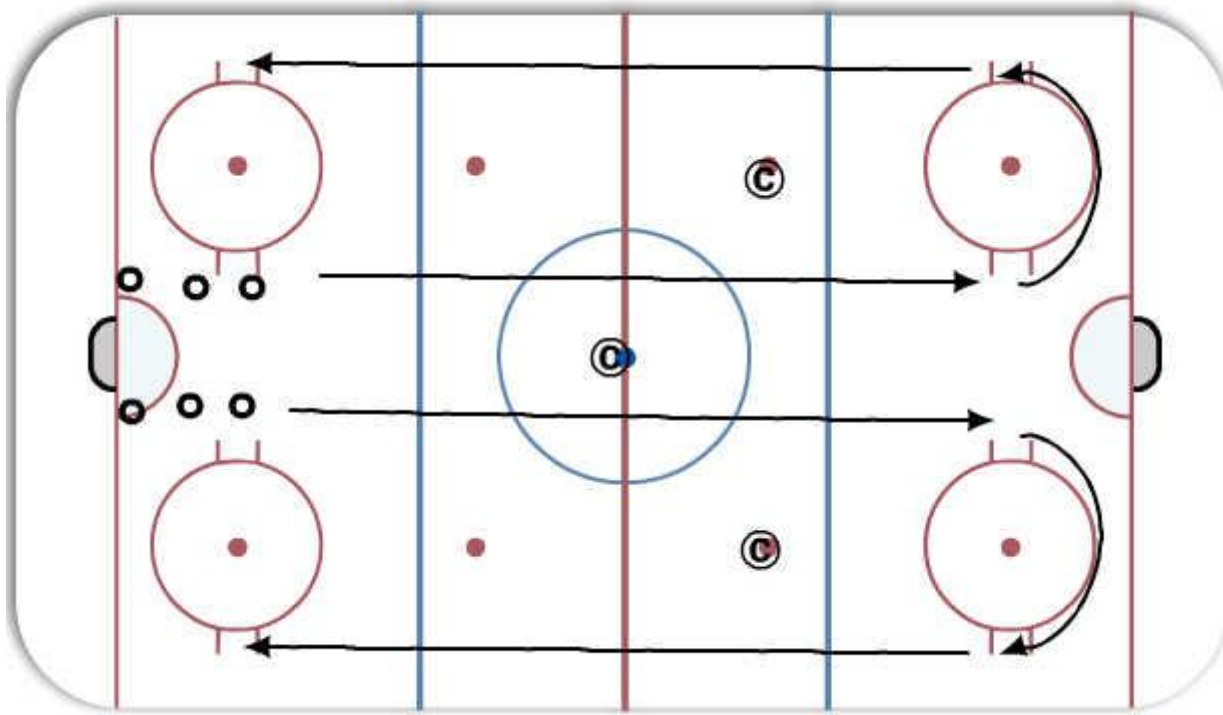


Skating Edge Control



Description

Form two lines at hash marks in one end. Provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

- Stride and Bend
- Inside Edge C-Cuts
- Jump Stride
- 2 Feet Inside Edge C-Cuts
- 2 Feet Inside Edge C-Cuts with Cross-Under (Alternating)
- Outside Edges
- Outside Edge Scissors
- Crossovers
- Knee Drops
- 1 Foot Inside Edge C-Cuts with Cross-Under (Alternating)
- One Leg Slalom
- Two Feet Slalom
- Cross-Overs (1 each way, then 2, then 3)
- Transition Forwards To Backwards and Vice Versa
- Eagle Turns
- Stop, 2 Cross-Overs, Go (Alternating Directions)
- Heel Taps

Key Points:

Notes

Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards. Technique is important in this warm-up to give the players lots of repetition on technical aspects of skating. Utilize a variety of skating skills. Also use each of them in between drills as technical laps.