

## A2 - Skating Balance and Agility - U17

### Key Points:

Challenge the players agility and balance.

### Description:

1. Players skate in two groups up the middle and back on the wide lane.
2. Running on the toes and doing cross-overs.
3. Pivot from forward to backward with the stick on the ice.
4. The second rep turn the other direction.
5. One skate on top of a puck and stride in and out with the other skate.
6. Switch to the other skate on the puck for the second rep.
7. Skate backwards with one skate on top of a puck.
8. Switch legs the second rep.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015081909264927>

<https://youtu.be/ONhhHOEX6Y>

