

A3 Quick Feet Conditioning Skate

Key Points:

Player should keep their feet moving all the time. Coach move the pattern around the rink so you don't break the ice and ruin it for the next group.

Description:

1. Players leave in small groups with at least a 1:4 work rest ratio.
2. Skate a lateral S pattern do they turn both right and left.
3. Sprints should be less than 10 seconds.
4. Can also be done with pucks.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151046309>

