

A300 Tight Turn Circuit

Key Points:

Use all of the edges with a good knee bend to change directions. Shoulders lead the turn.
Start without pucks and then add pucks.

Description:

- 1-2 forward to backward then 3-4. Also backward to forward.
- One leg pushes around circle. 1-2 then 3-4.
- Tight turn around corners.
- Forward to backward and B to F.
- Tight turn with puck then skate and shoot.
- #8's alternate forward to backward.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100409081949965>

