

A2 Chocktow and Tight Turns

Key Points:

Go front to back on an arc using the Chocktow pivot and then do a tight turn each way before going to the next dot.

Description:

1. Leave skating forward from behind the goal line.
2. Before each dot do this sequence.
3. Chocktow pivot front to back.
4. Open up facing forward and turn.
5. Tight turn one way.
6. Tight turn the other direction.
7. Alternate which side you do the first Chocktow turn.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120812134621752>

Demonstration of the Chocktow front to back pivot.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20110421072659315>

