

# 10 Great Drills that Practice Skating for Agility and Fitness

*Practice tight turns, change of direction at full speed.*

## 1 - [F202 – Skating for Quickness and Agility - Pro](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6921&topic=6921#6921>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140909092948329>

## 2 - [B202 Skating for Quickness](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090819102320887>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090805115343158>

## 3 - [A300 Agility Skating](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090804081920437>

## 4 - [A2 Conditioning Skate for Quickness](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090730123852417>

## 5 - [A300 Tight Turn Circuit](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=566&topic=566#566>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100409081949965>

## 6 - [A3 - Vladimir Jursinov leads skating practice.](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090205055815800>

## 7 - [A3 Quick Feet Conditioning Skate - Pro](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1007&topic=1007#1007>

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

## 8 - [A2-B202 Conditioning Agility Skate](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1339&topic=1339#1339>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151041624>

**9 - C2 Backward Skating Tag Game-Jursi**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090819102316477>

**10 - F - B6 2-0 Disguised Skate - Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6555&topic=6555#6555>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20130924143910997>