

A2 - Inside Edge Progression - U17 M

Key Points:

Practice various ways to use the inside edge in straight lines and weaving down the ice. Goalie technique at the far end. Mimic carrying the puck while doing the exercises. This is **Deep Practice** and the key is to do everything slowly with perfect technique.

Description:

1. Flat foot skating pushing with inside edge-mimic puck and and look side to side.
2. Weave side to side gliding on inside edge.
3. Flat footed skate and cross one lege behind the repeat with other lege.
4. Glide on one leg inside edge.
5. Glide one leg then do a hard fake around defender.

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<https://youtu.be/yhcN5YWkqNM>

