

## A300 European Skate - Puckhandling

### Key Points:

- Quick feet, crossovers.
- Push the puck on the flat sections.
- Accelerate on the turns.
- Control and protect the puck on turns.

### Description:

- Groups of 3-4 players leave on the whistle and skate with the puck 1.5 laps.
- An extra half lap can be added and finish at the opposite end.
- Repeat 4 times, 2 forward and 2 backward.
- Both groups or only one group at a time can leave.

