

A2 Defensive Back Skating

Key Points:

All the players including the goalies do this. Zig zag back keeping good posture and practice reaching with a poke check with the knees bent and the back straight.

Description:

1. Players start in 3 lines at one end of the ice.
2. Skate backward 3 or 5 strides in a zig-zag pattern from one side to the other.
3. Keep the elbow back to hide the reach of the stick and then extend the stick at the finish of each repetition.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115341660>

