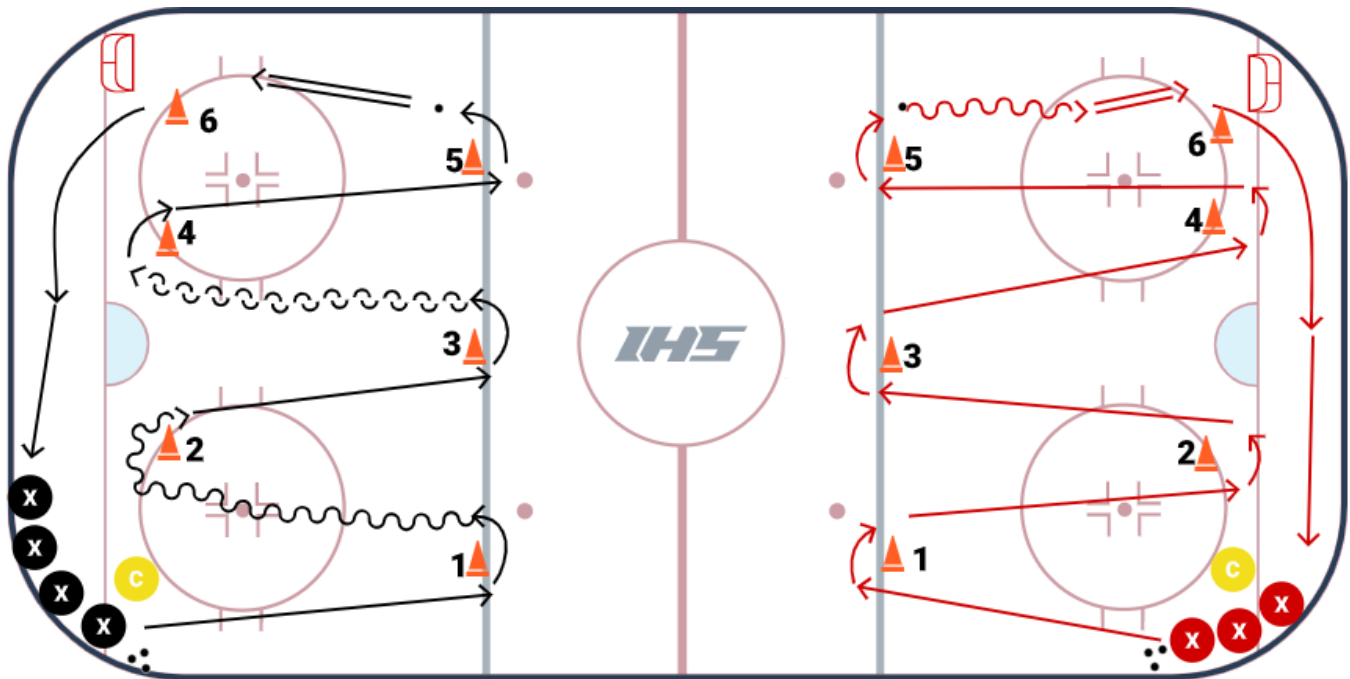


"W" Skate (10 Min)



Description

Players divided into 2 equal groups.

No Pucks

1- FWD skating around cones x 3

2- FWD to cone 1, Pivot BWD to cone 2, Pivot FWD to cone 3, Pivot BWD to cone 4, Pivot FWD to cone 5, Pivot BWD to Cone 6, FWD to line in Corner x2

3- Stop at every cone X2

With Pucks

1- FWD Zig Zag around cones x 2 with Shot.

2- FWD to BWD Pivots with pucks x 1 With Shot.