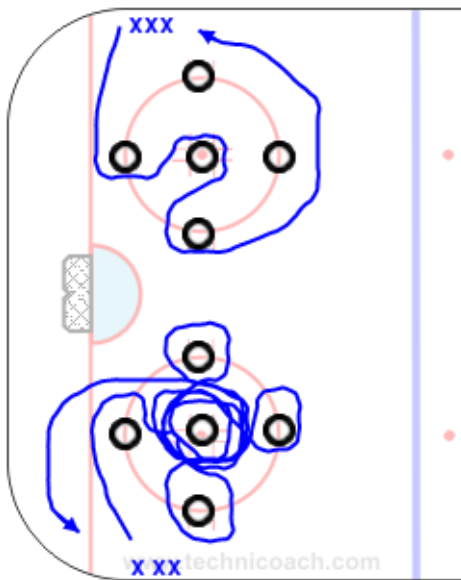


AAAHA Skill Station #14

5/10/2009



Description:

Tires are placed as shown with players lined up on the boards. One at a time players skate through and around the tires in patterns designated by the coach. Players can perform speed turns, pivots, 360 deg turns around tires or any other pattern you can come up with. Pattern shown on top of diagram is an overspeed pattern. Bottom pattern tests a players turning abilities.

KeyPoints:

Coaches are encourage to come up with their own ideas. Players should maintain good skating position and use both skates on turns.