

Title : Mohawk Square

Category #1 : Skating

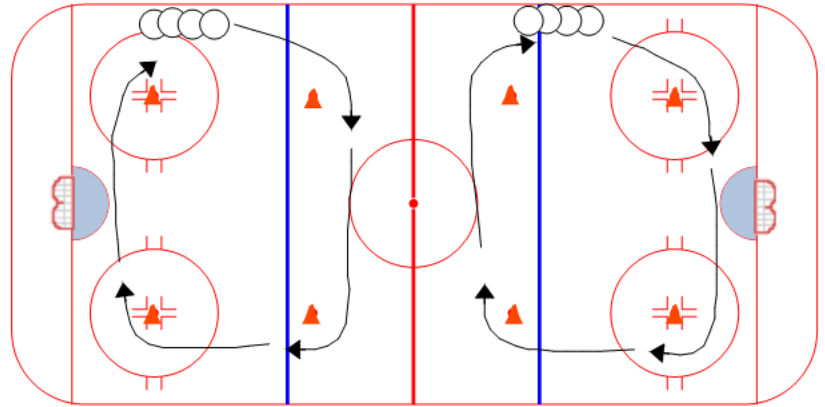
Category #2 : Mohawk

### Description

1. Players start on the boards, about half way between the two cones
2. On the whistle, players skate around the square, executing a mohawk around each cone
3. After a few times through, go the other direction

Note: Once the players can execute the move well, put a puck on their sticks and have them do a toe drag with their mohawk at each cone.

More Hockey Drills and Skills at <http://weisstechhockey.com>



### Key points :

knees bent

both inside edges

maintain control