

Title : Power Turn Progression

Category #1 :

Skating

Category #2 :

Power Turns

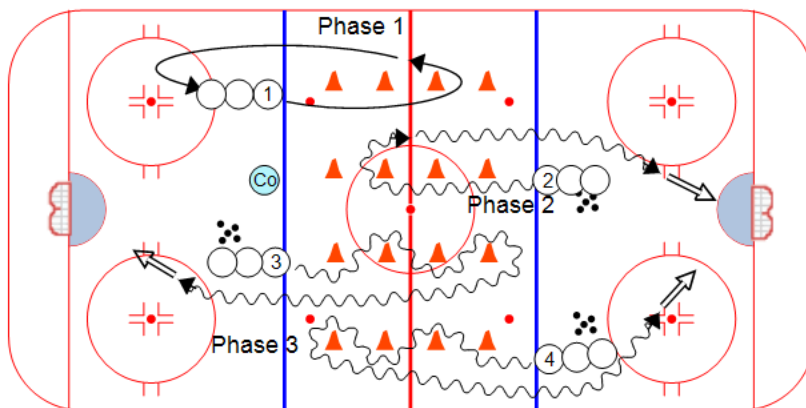
Description

Players set up as shown. Designate which direction ALL lines will be turning toward. Lines 1 & 2 go at the same time, lines 3 & 4 go at the same time.

Phase 1: Player skates out to the cone, power turns, and explodes back to the line. Run each player through 3-4 times, then switch the direction of the turn.

Phase 2: Same as phase 1, but with the puck. Add a shot.

Phase 3: Inside edges through the cones, power turn out, and explode in for the shot. Run each player through 3-4 times, then switch the direction of the turn.



Key points :

Four empty rectangular boxes for key points.