

Title : Half-Ice Bednar Conditionin

Category #1 :

Conditioning

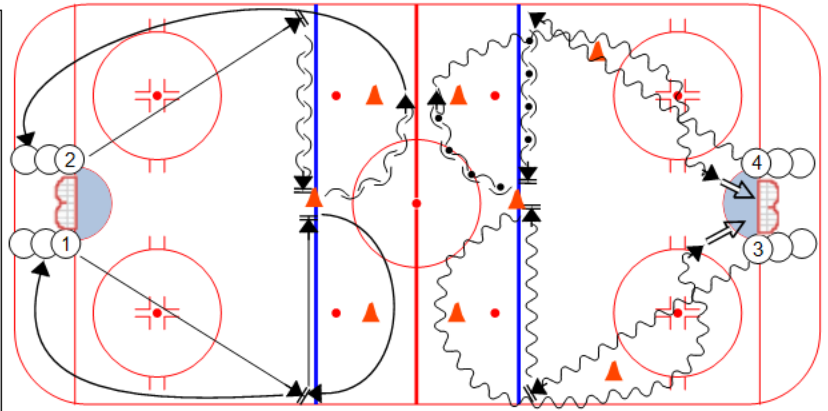
Category #2 :

Skating

**Description**

Option 1: Skate through the pattern forward  
Option 2: Skate through the pattern, pivoting backward as diagrammed  
Option 3: Skate through the pattern, forward, with a puck. Add shot at the end.  
Option 4: Skate through the pattern with a puck, pivoting backward as diagrammed. Add shot at the end.

NOTE: make sure players are alternating lines so they develop stops and starts in both directions



Key points :

full speed

keep feet moving

stay low on pivots