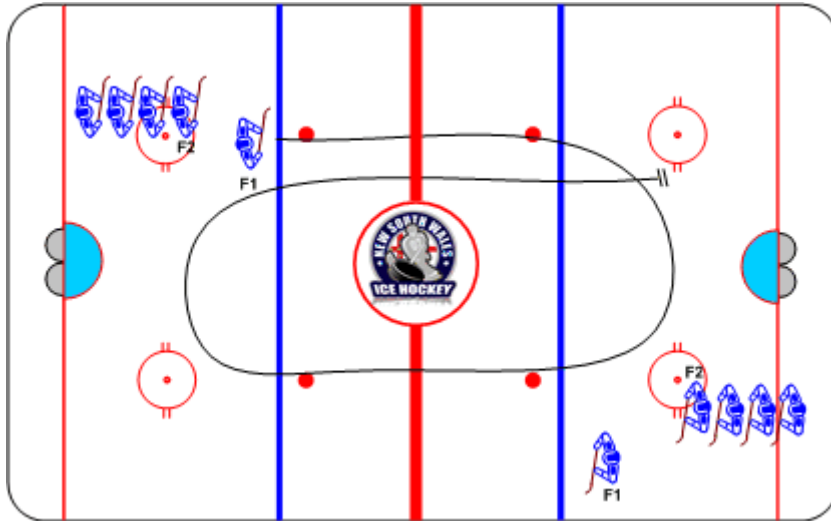




## Cool Down - Half Speed

Duration: 4 mins

- Players cool down skating through tight glide turn route



### Coaching Tips

- Stick on ice
- Balance
- Skating technique

### Execution Tips

- F2 starts when F1 has left circle to avoid "bunching"