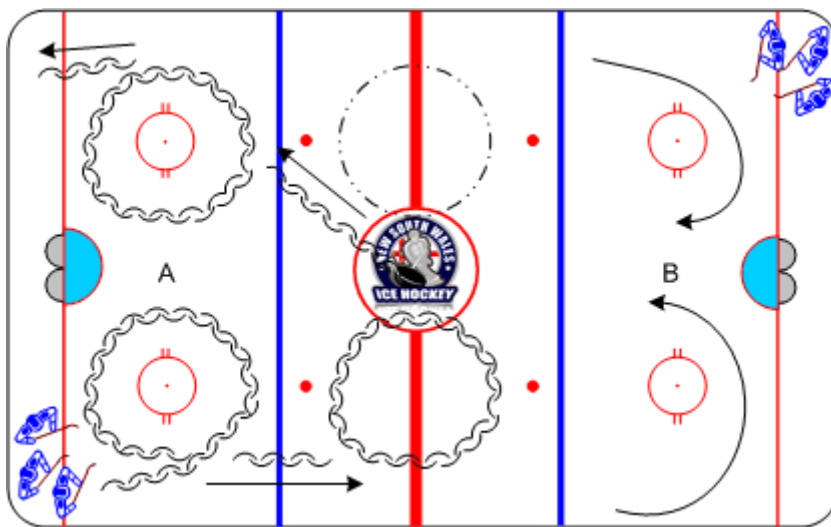




Cool Down

Duration: 4 mins

- Zone A: Backwards Cross-overs - players skate backwards around 3 circles, half the group at each end, 50% pace
- Zone B: Moving Stretch - players skate in long figure 8 performing moving stretch



Coaching Tips

- Balance and control

Execution Tips

- Have players balance stick on back of hands with arms extended straight out (at eye level) while skating backwards to control upper body balance