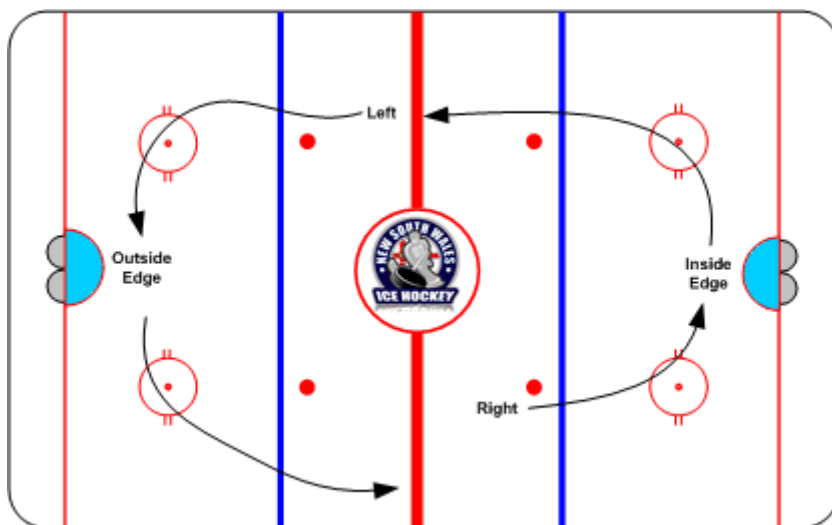




Cool Down: 1-Foot Glide

Duration: 4 mins

- Forward skate, 1-foot glide between blue lines
- 1-foot glide on ends, one end use outside edge, other end use inside edge
- 6x around rink
- Reverse direction



Coaching Tips

- blue line to blue line in neutral zone and on ends
- Balance on glide foot
- Knee bend

Execution Tips

- Half speed to improve balance technique