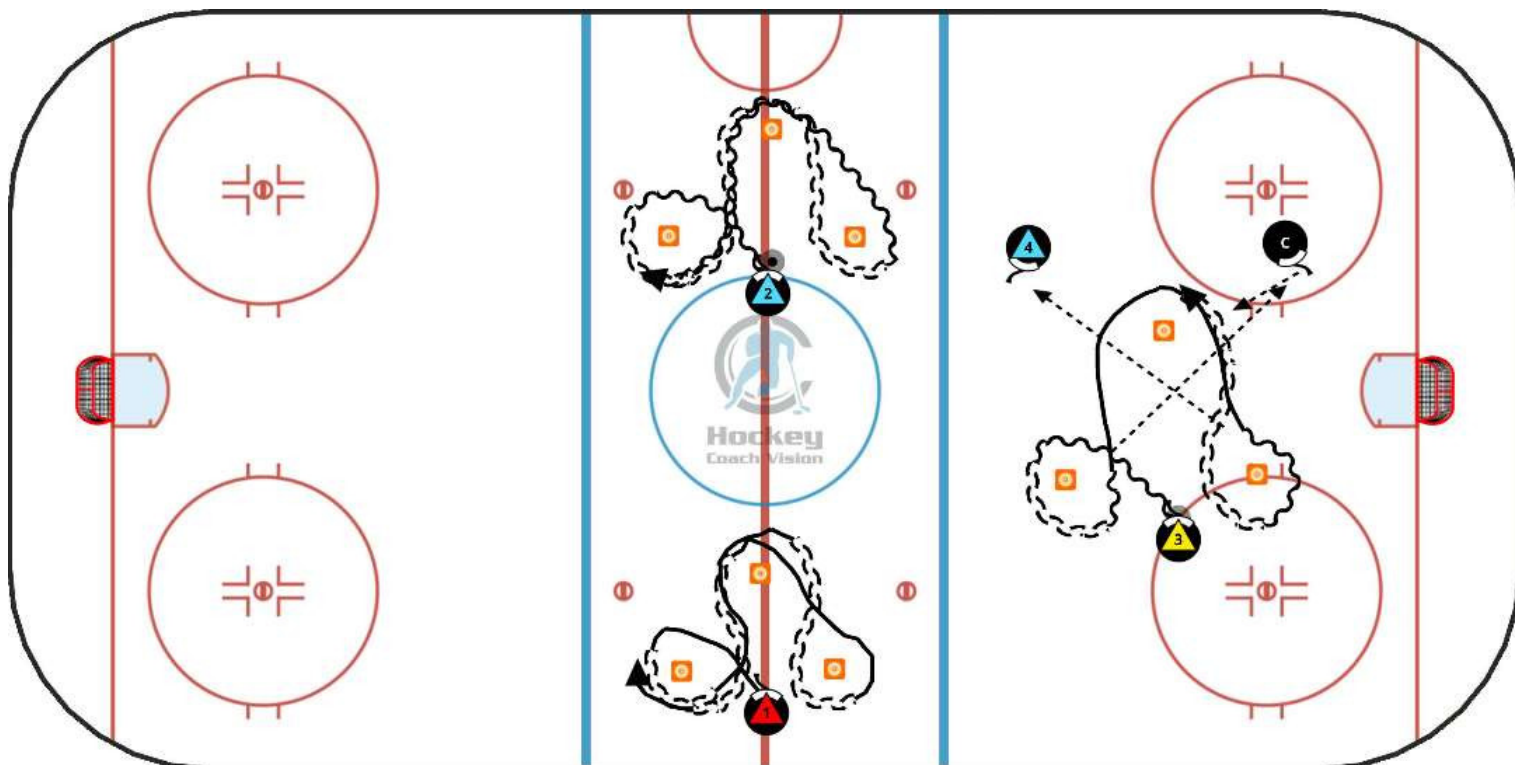


D 3 CONE AGILITY



DESCRIPTION

SETUP

D starts with 3 cones set up in a triangle.

Start forwards, pivoting backwards around the cones then pivoting to forwards again when skating in the original direction.

Start without a puck, then with a puck, then add passers to increase the level of difficulty.

TIPS FROM THE COACH

- o Work on smooth transitions in the pivots
- o Maintain two hands on the stick and make quick passes coming out of the pivots

ASSOCIATED WITH

U7, U9, U11, U13, U15, U18, Skating