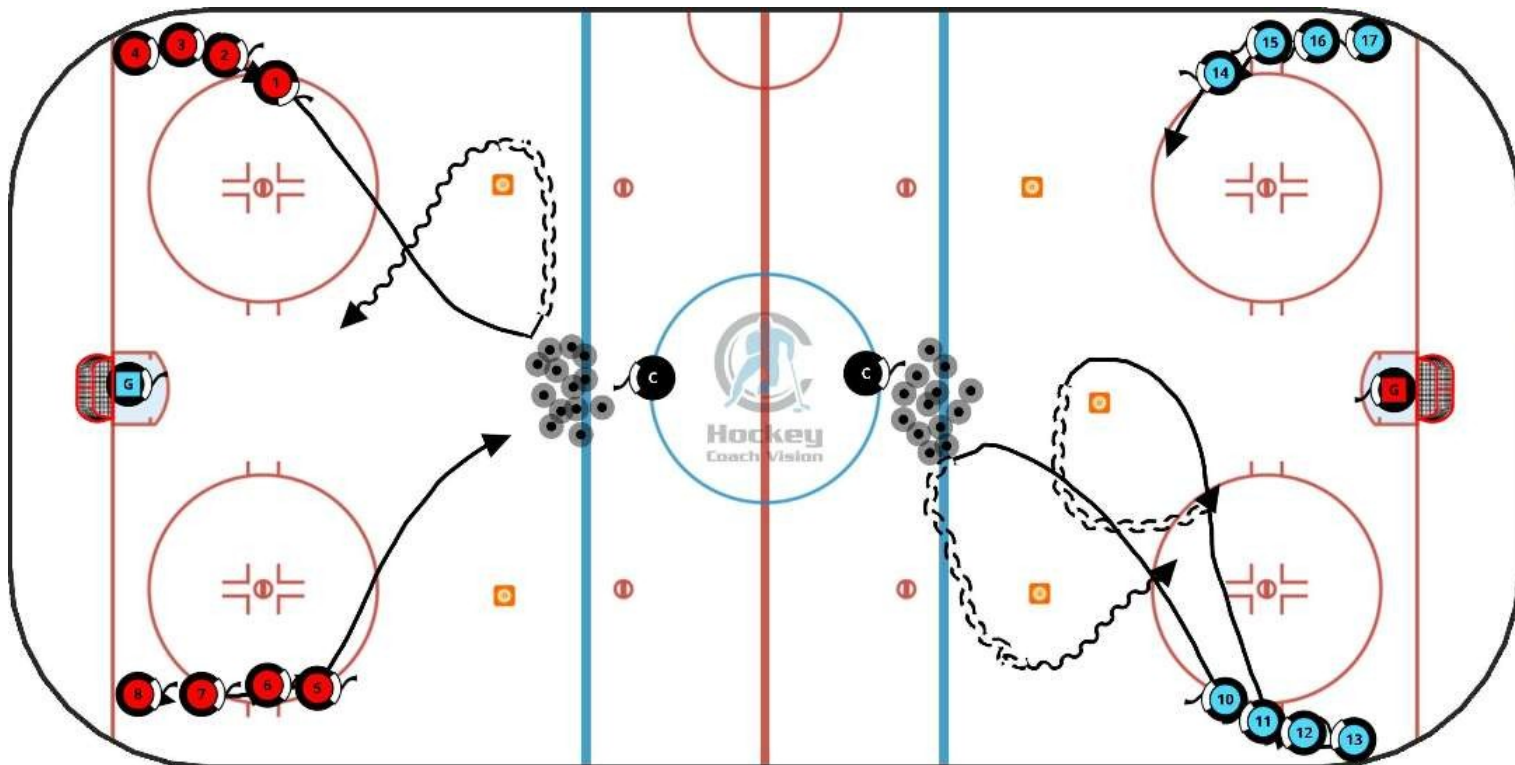


KLOTEN CURL AND DRAG 1 ON 0, 1 ON 1



DESCRIPTION

Pivot and skating drill

SETUP

- o For the 1@0, P1 skates to the pile of pucks, picks one up, pivots backward and skates backward to the pylon, pivots around it, and skates in for a shot, stopping briefly at the net.
- o For the 1 on 1 , P10 starts the drill the same way but now P11 skates to the middle pylon, skates around the pylon, pivoting backward to challenge P10 1@1

TIPS FROM THE COACH

- o - Work on making smooth pivots with smooth hands when pivoting forwards and backwards

ASSOCIATED WITH

U11, U13, U15, U18, Skating, Edge Control, Acceleration