

## A3 Russian Skating Warm up - RB U17-20

### Key Points:

Skate the circuit with speed bursts of 10". Do all the exercises from both sides.

### Description:

1. Two groups skate in opposite directions and goalies warm-up in the creases.
2. Forward with speed bursts.
3. Backwards.
4. Crosby's with a push in each direction.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150709225530354>

<https://youtu.be/mSop48n1yR8>

