

## A2 Crossover-Pivots-Balance U18

### Key Points:

Balance position with as much blade on the ice as possible. Turn and pivot with balance. In forward skating turn with upper body facing the turn direction. Use a chocktow turn front to back.

### Description:

1. Skate forward with crossovers around the top of the circle and the bottom of next circle.
2. Point the stick at the dot on the ice with one hand on backhand and two on forehand.
3. Start forward pivot backward and one foot skate to far end.
4. Start backward pivot forward one foot airplane to far end.
5. Start forward pivot backward and one foot forward airplane to far end.

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=40&page=1>

