

C2 Backward Skating Tag Game-Jursi

Key Points:

Backward acceleration, fakes, tight turns, back striding.

Description:

1. Players line up in the neutral zone.
2. Start with 1 and 2 skating forward chasing 3 who is skating backward.
3. When tagged #3 now becomes a chaser and whoever tagged him skates backward.
4. Go about 15 seconds.
5. The next three players repeat.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102316477>

