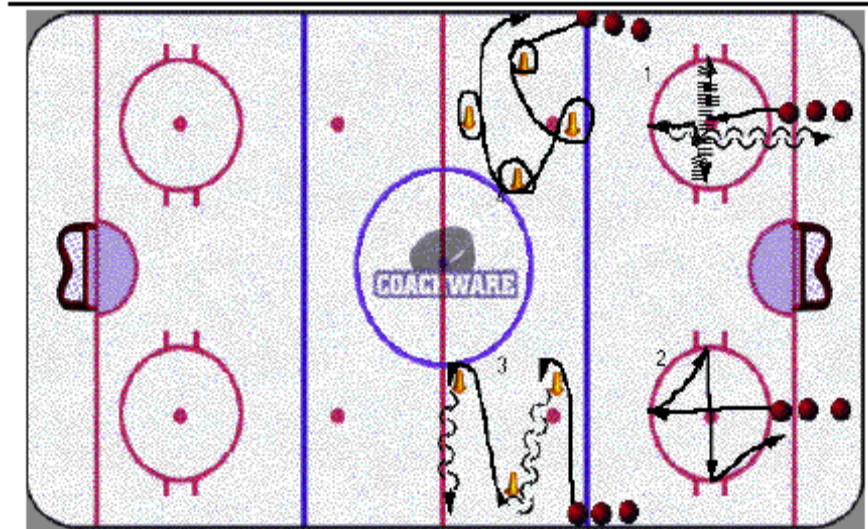


## Super Agility Half Ice



### Description

1. Players skate hard to dot, cross over to left hash, cross all the way over to right hash, back to dot, forward to top of circle, pivot and back to line
2. Players skate hard to top of circle, to hash, to other hash and back
3. M shape. Forward to cone, pivot backward to middle cone, pivot forward to 3rd cone and pivot back in.
4. Tight turns

### Key Teaching Points

- 5 minutes per station
- Rotate stations on whistle
- 1 coach per station if possible

### Key Execution Points

- Skating Agility
- Quick feet