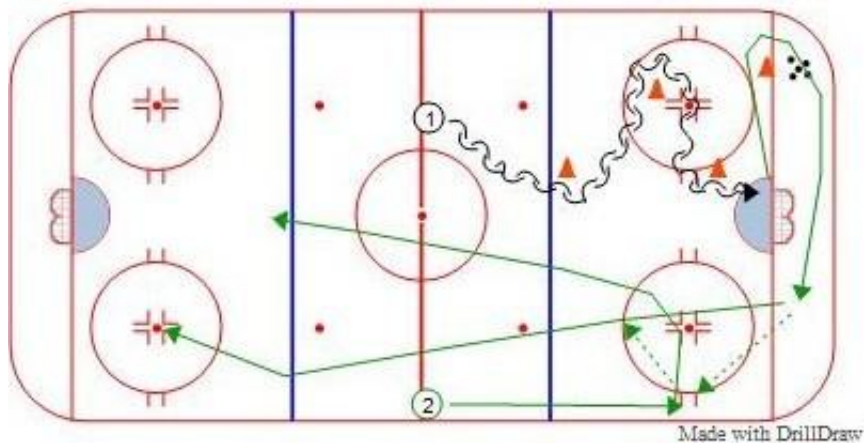


Defense Lateral Movement

Category: Skating | Drill Level: Intermediate



Key Points

- Backwards Lateral Skating
- Mobility
- Backward Quick Starts

Description

1 starts by executing a backward quick start at the red line and weaving (skating backwards the entire time) through the cones, stopping at the near-side post.

Notes

Optional 2 on 0 continuation shown in green.