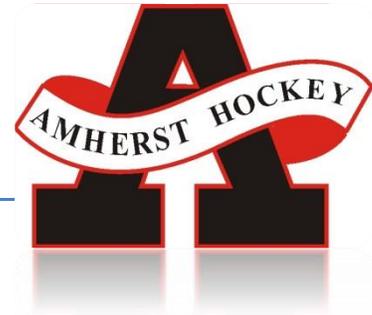


# Practice Session #8

## Mites 8U (2005/2006)

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Skill of the Week: **FORWARD TO BACKWARD TURN (PIVIOT)**

### KEY ELEMENTS

- Right skate is off the ice, rotate hip and chest to the right
- Place the weight over the left skate
- Turn right skate 180 degrees in opposite direction, heel to heel in parallel position with left skate
- Continue to rotate hips and chest 180 degrees to face backwards and put right skate down
- Pick up left skate and turn it around facing backwards
- When turning skates, pick skates up, don't scrape the ice by trying to just spin

### Warm-up (8-10 minutes)

Skating Warm-up at both ends:

4 to 5 lines to the blueline and back

Repetitions to include:

- edge control
- ready position
- forward start
- forward stride
- control stop
- backward skating
- backward stop
- control turn
- forward crossover
- pivots

Gather in the middle, split into 4 stations.

**Each station: 7 to 8 minutes**



