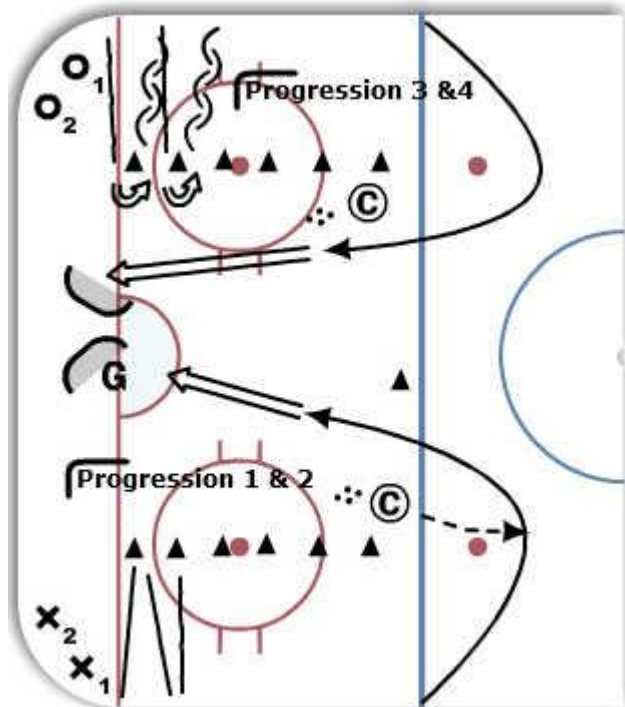


## Skating medley drill



### Description

Progression 1 - Players start in the corner and push off with outside skate and glide on one foot to the cone and then stop on same foot facing the blue line. They push off one footed with outside foot again and glide on inside foot to the boards where they stop one footed. They continue up to the blue line where they come around and receive a pass from coach and go in and take a shot on goal.

Progression 2 - toes pointed up toward blue line. Players do one big cross over and stop 2 footed at the cones and the boards.

Progression 3 - players skate out to one, pivot around and skate backwards, cross over one time and skate backwards to the boards. Stop facing line and do a cross over start to head back toward the cones.

Progression 4 - players skate forward toward the cone and do a tight turn around the cone. Stick needs to lead the player. Stop against the boards facing the line. Do a cross over start and head back toward the cone.

### Key Points:

### Notes

Reference video:

<http://gottalovetohockey.org/show/video-skating-medley-drill.aspx>