

Description

Simple drill to work on hinge technique.

D1 starts with a puck. D2 starts in a back support position.

D1 back skates and so does D2 to maintain proper support position.

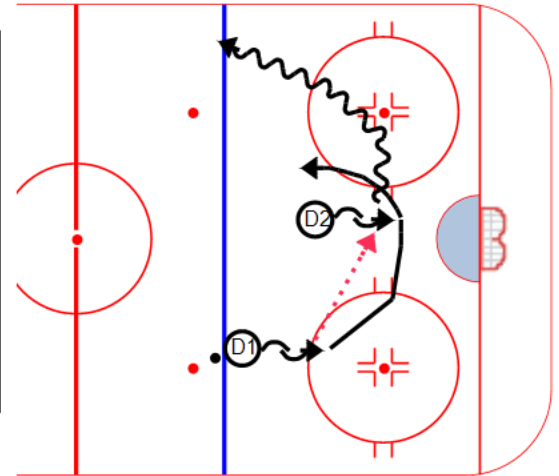
D1 passes to D2.

D2 skates forward while D1 skates to proper support position.

D2 moves up ice toward blue line and D1 follows in proper support position.

Proper support position should be behind about five feet and over 10-15 feet (varies by coach)

When D2 gets to the blue line he back skates and passes to D1 and the drill goes back the opposite way. Run each D pair for 30 to 45 seconds.



Key points:
