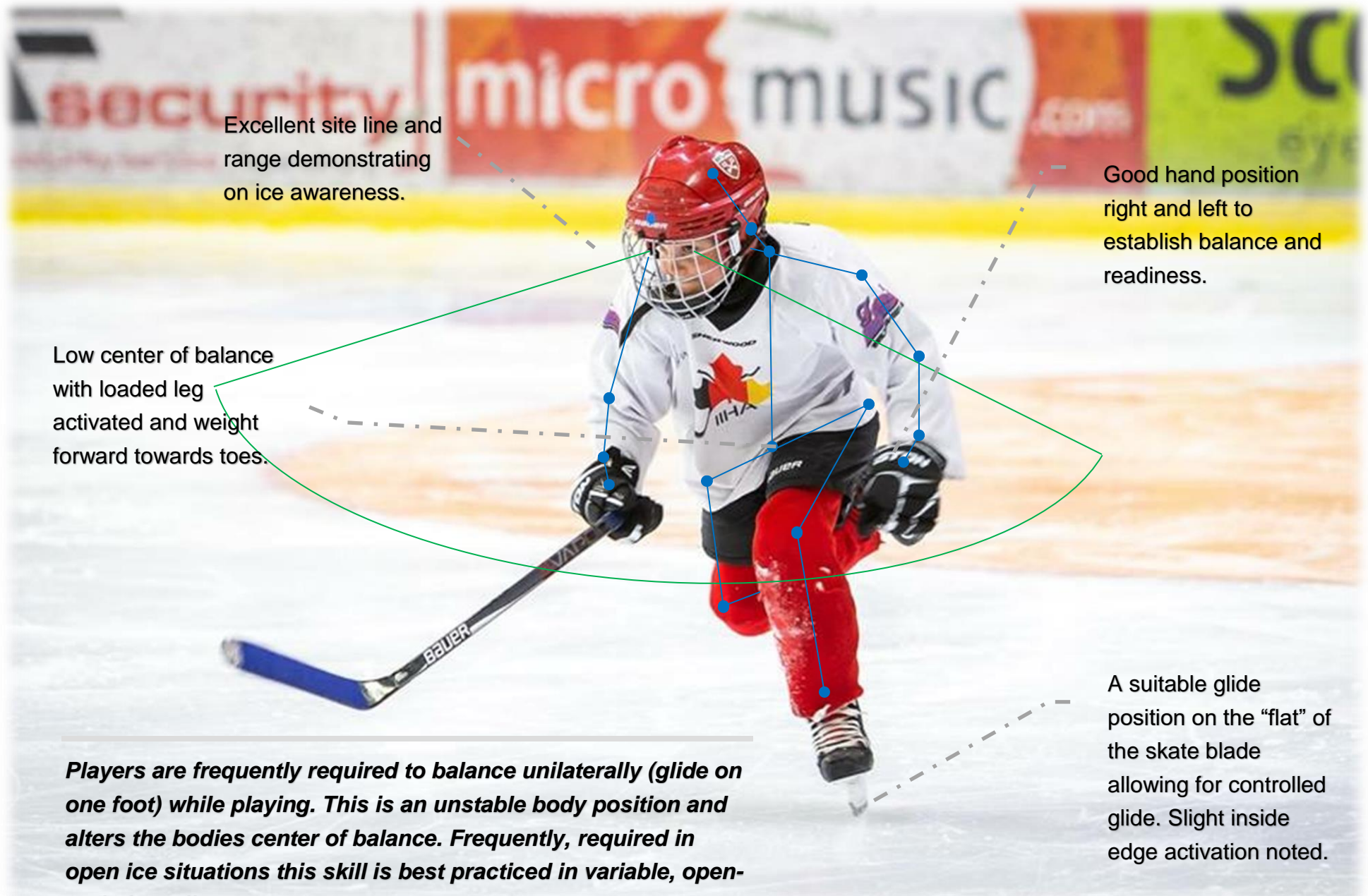


A player's physical literacy creates the opportunity for safe and enjoyable play. Establish environments where your athletes can develop Safe4Sports abilities.



Excellent site line and range demonstrating on ice awareness.

Good hand position right and left to establish balance and readiness.

Low center of balance with loaded leg activated and weight forward towards toes.

A suitable glide position on the "flat" of the skate blade allowing for controlled glide. Slight inside edge activation noted.

Players are frequently required to balance unilaterally (glide on one foot) while playing. This is an unstable body position and alters the bodies center of balance. Frequently, required in open ice situations this skill is best practiced in variable, open-ended small area type games.