



KHA Week 6 Skating

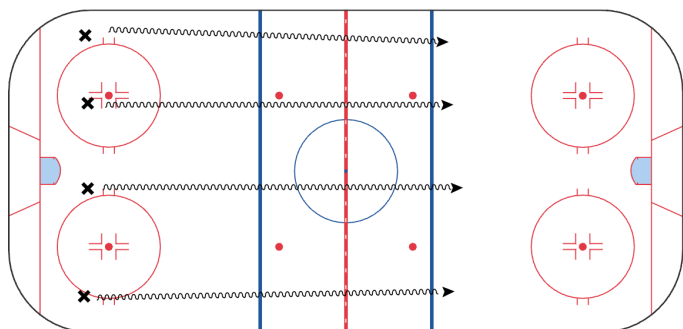
Date: Oct 7 2025

Time: 4:31 pm

Duration: 46 mins

Broberg Skating Warmup

6 mins

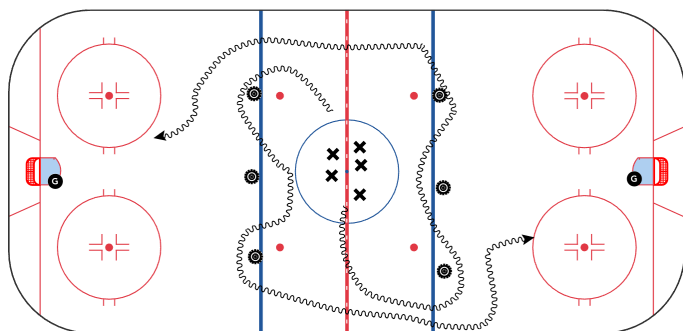


Progressions:

- heel pushes
- long inside edges
- backwards
- Add outside edge, soft step on outside edge and then cutback the other way
-

Broberg Inside Edge Turns

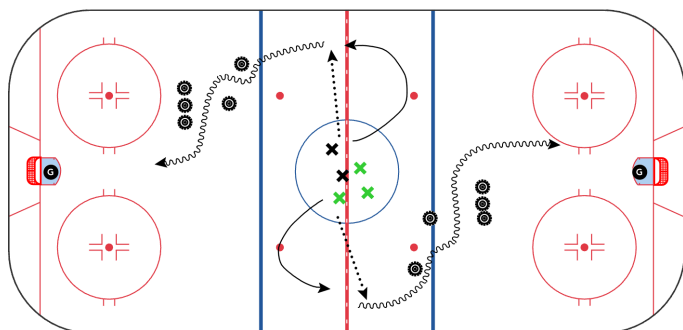
10 mins



Players start at centre and skate through tires, holding inside edge, then attack in the other direction.

Broberg 1-2-3 Inside Edge

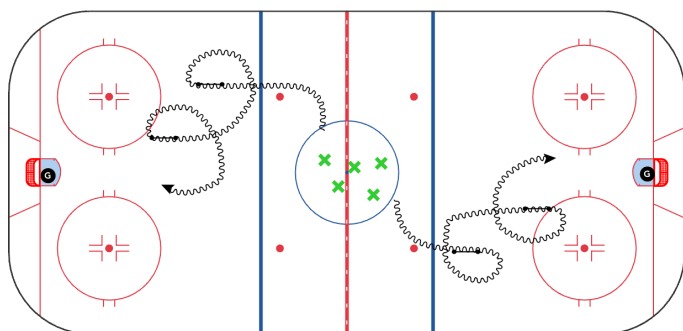
10 mins



Players circle around for a pass before stepping through the barriers. Each step is on the inside edge, long, short, long, and then a shot.

Broberg Outside Edge Turns (Zone Entries)

10 mins



Players skate with barrier through their feet, and then step onto outside edge and turn out of barrier.

Progression: add fake, left then right and attack out of turn. Finish with a shot.

