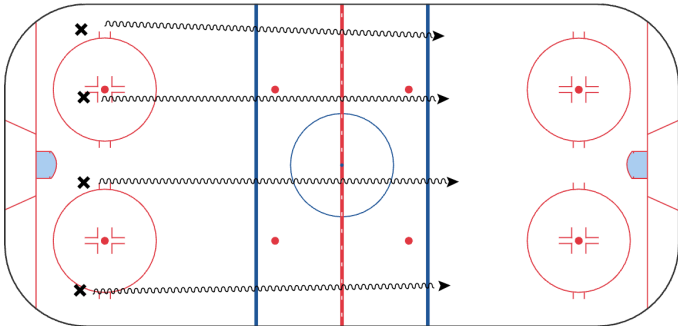


Broberg Skating Warmup

5 mins

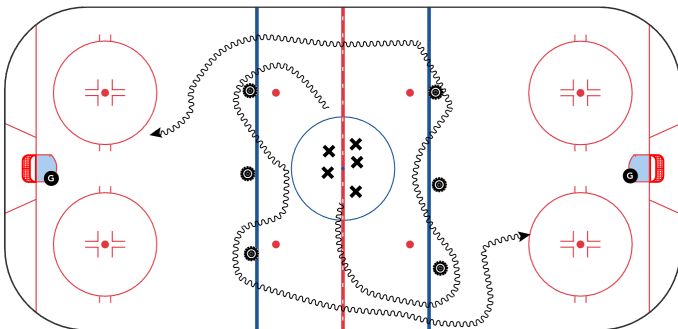


Progressions:

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

Broberg Inside Edge Turns

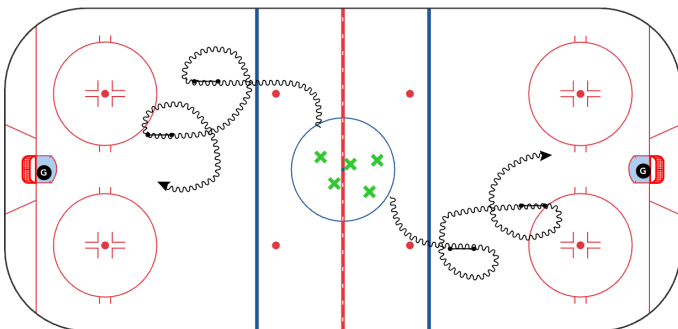
5 mins



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

Broberg Outside Edge Turns (Zone Entries)

10 mins



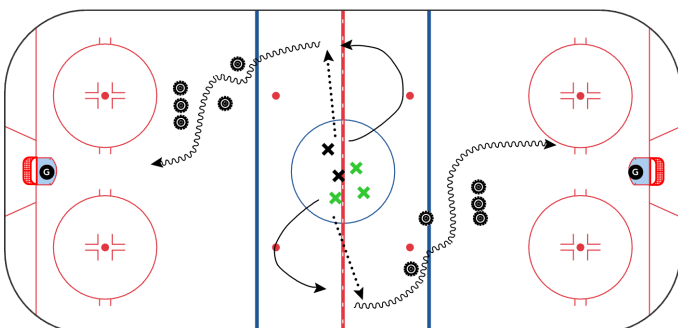
Players skate with barrier through their feet, and then step onto outside edge and turn out of barrier

Progression: add fake, left then right and attack out of turn

Finish with a shot

Broberg 1-2-3 Inside Edge

10 mins

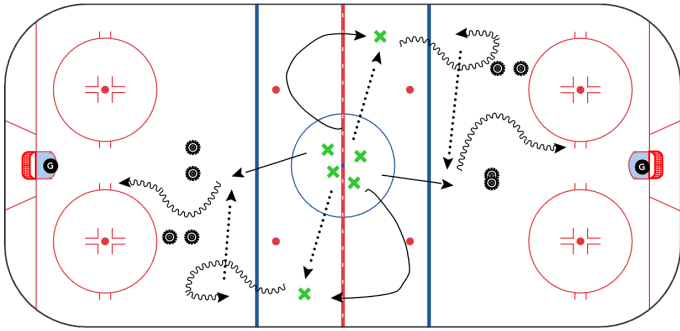


Players circle around for a pass before stepping through the barriers

Each step is on the inside edge, long, short, long, and then a shot

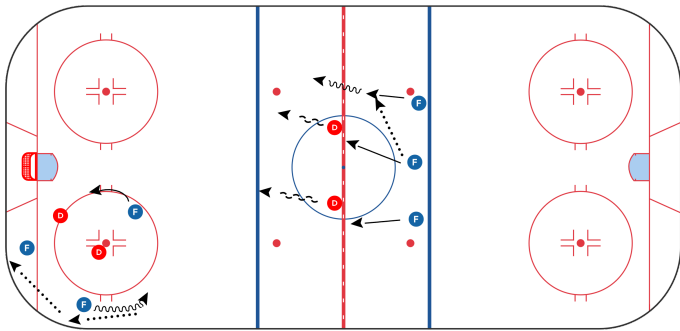
Broberg Delay Zone Entry Pass

10 mins



3on2 Zone Entry with second puck low cycle

10 mins



3 forwards enter zone 3on2

Coach spots second puck after rush for low cycle