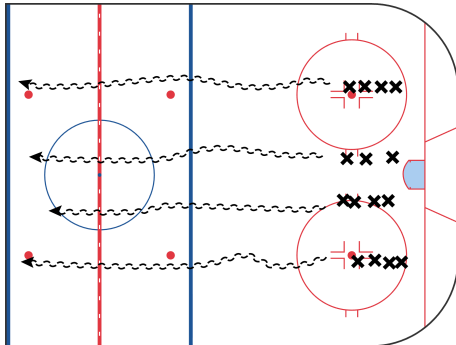


Kraatz Skating Lines 5 mins

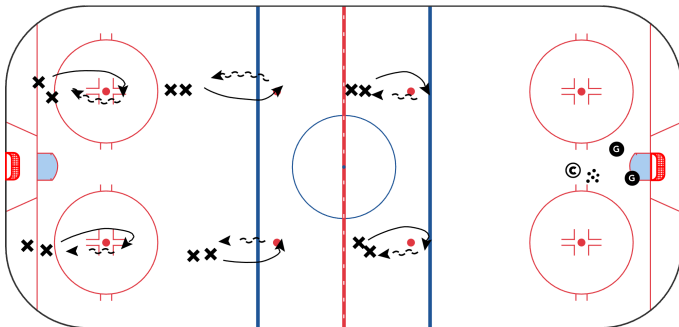


Players line up in 3 or 4 lines and skate down ice to far blue line

Progressions:

- Backwards C-Cuts
- Backwards bubbles
- Backwards lunges
- Backwards crossovers
- Backwards outside edge steps
- Step and poke with stick

Kraatz Immediate Pivot 5 mins



Players take two or three strides and pivot forwards to backwards

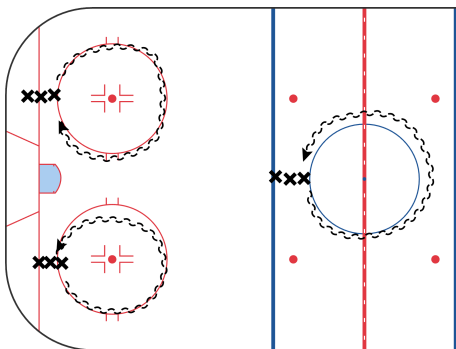
Cut straight back

Key Points

Maintain posture

Push with inside foot UNDER outside foot

Backwards Outside Edge 20 mins



Players plant one foot on their outside edge

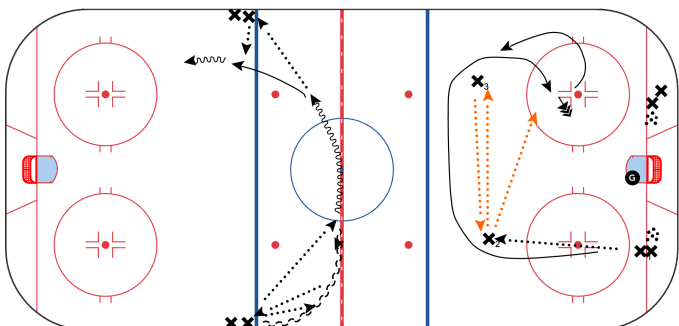
Push with inside edge of other skate backwards

Key Points

Turn shoulder and chin inside circle

Add pucks and passes

Salmon Arm Passing & No Dust Spring Camp Passing 20 mins



Station 1. Players pass back and forth with line skating backwards

Turn forwards and pass to next line

Get return pass and go in for shot

Station 2. Two players are stationary

Player passes to first player and skates around stationary players for return pass and shot

