



## COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

### BACKWARD STOP

#### Description:

Begin from a backward skating stride (1)

Plant feet and glide in a ready position with knees and ankles bent (2)

Keep your head and chest up

Lean forward and turn the toes of both skates out (3)

Use the middle of the blade to toe of the skate's inside edges to stop

Knee bend is crucial to absorbing the backward energy and applying pressure to stop

Bring your heels back under the body (4)

Drive off one foot to begin forward motion (5)

1



2



3



4



5



Material taken from USA Hockey's Skills & Drills DVD-ROM

To order video on this and 400 other skills, go to [www.usahockeyskillsanddrills.com](http://www.usahockeyskillsanddrills.com)