



COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

BACKWARDS SKATING STRIDE

Description:

Begin from a ready position with the feet close together under the body

Keep your knees bent with head and shoulders up

With weight on the left leg, turn heel of right skate out and push out with the right skates' inside edge (1)

Begin on the flat part of the blade and finish full extension using the toe of the blade (2)

Keep the glide leg (left) knee bent and hips level

After a powerful complete extension point the heel of the right skate back in and return to the start position (3)

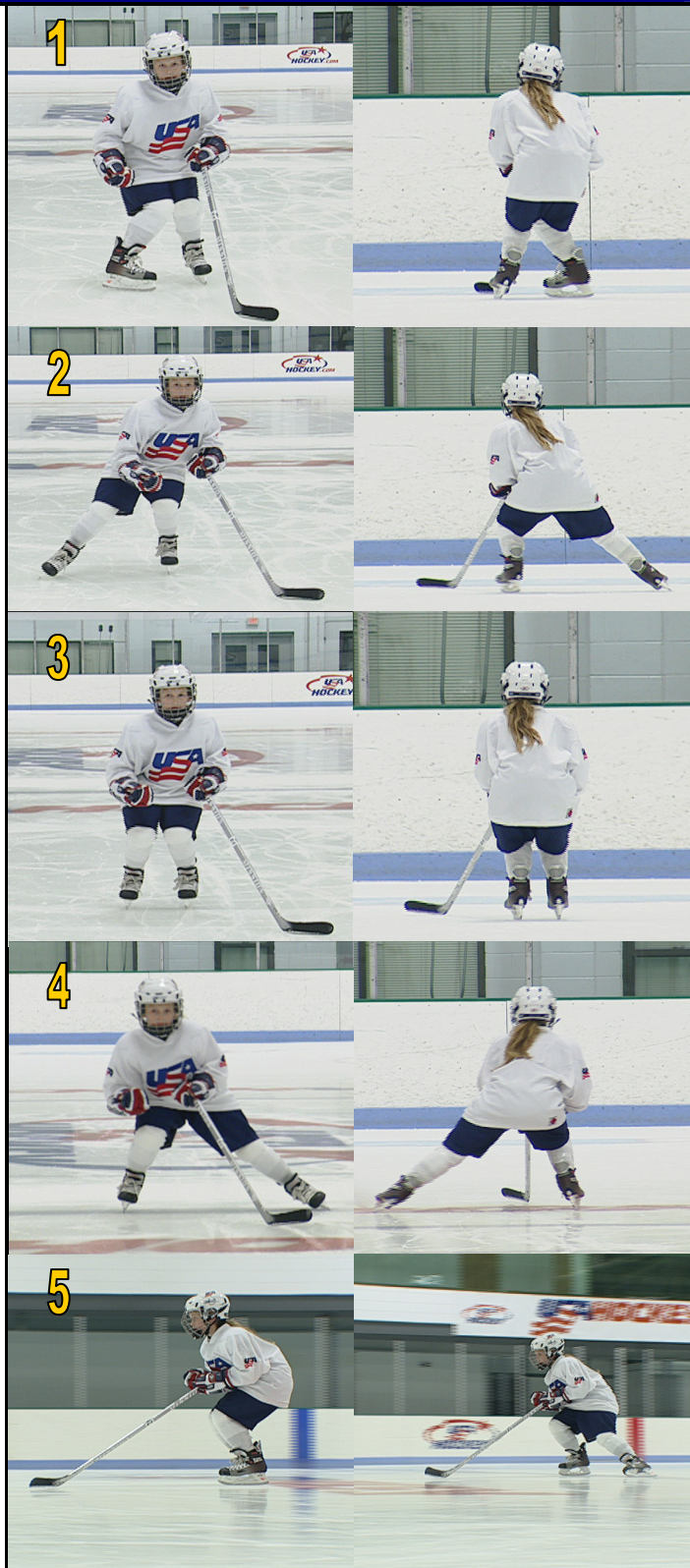
Keep your head and chest up with butt down

Stick is in one hand, blade is down and under control

On the return of right skate back under the body transfer weight to the right leg and then begin the c cut push on the left leg (4)

Repeat the drill alternating legs down the ice

Keys: level hips, bent knee on glide leg and full extension on the c cuts (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