



COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

TIGHT TURN

Description:

Begin from a forward skating stride (1)

Plant feet and glide in a ready position

Head and chest up

With knees and ankles bent and shoulders level bring the inside shoulder back – this opens the hips and facilitates the turn (2)

Straighten the outside leg and shift onto the skate's inside edge (3)

Bend the inside knee and ankle even more and shift into the skate's outside edge (4)

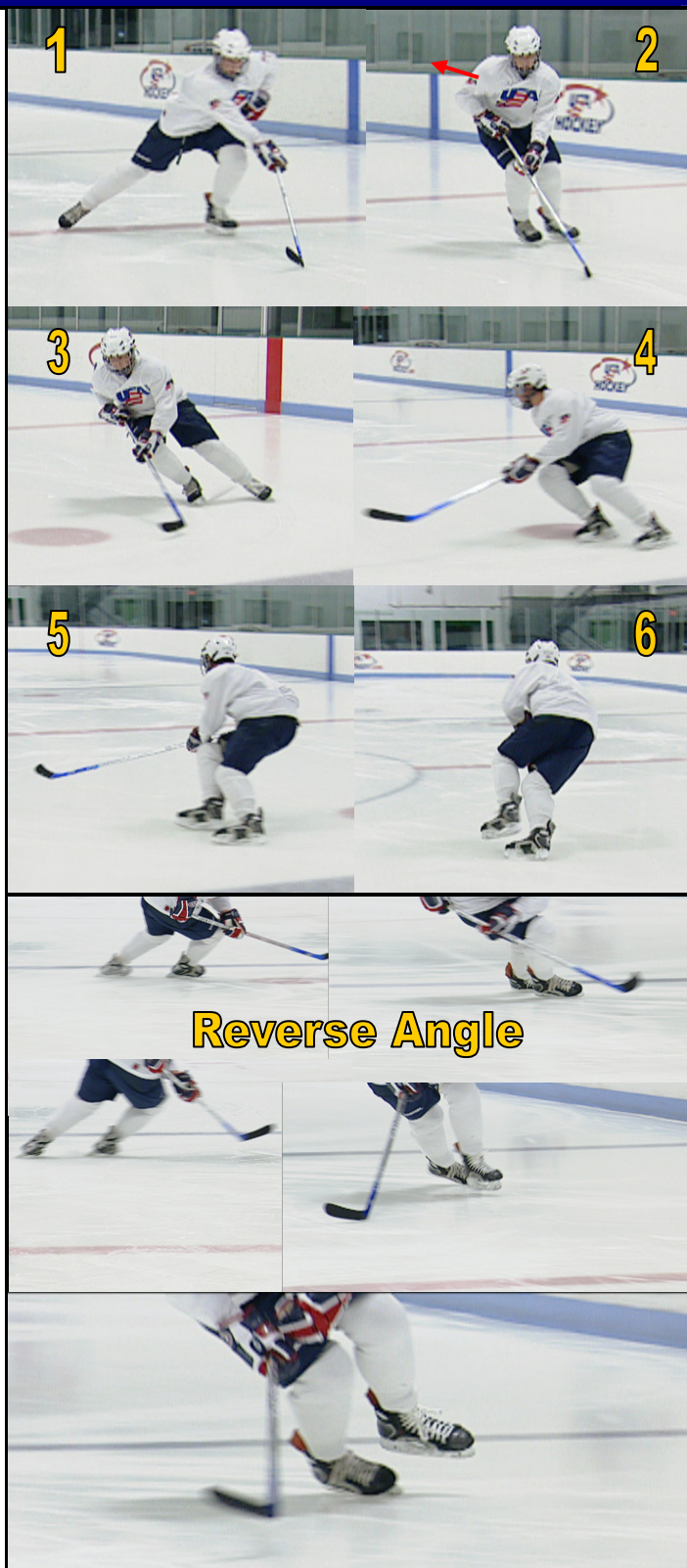
When the player reaches the point to exit the turn, push/drive under the body with the inside skate's outside edge (5)

Cross over with the outside skate and push off with the inside edge (6)

Recover with the inside skate and begin forward striding

Keep stick blade on the ice and in front of body – lead with the stick through the turns as this helps facilitate the shoulder and hip rotation – **DO NOT CROSS HANDS**

Keys: follow stick, good knee bend, hips and shoulders level



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

To order video on this and 400 other skills, go to www.usahockeyskillsanddrills.com