

## 1. Backward skating and pivots

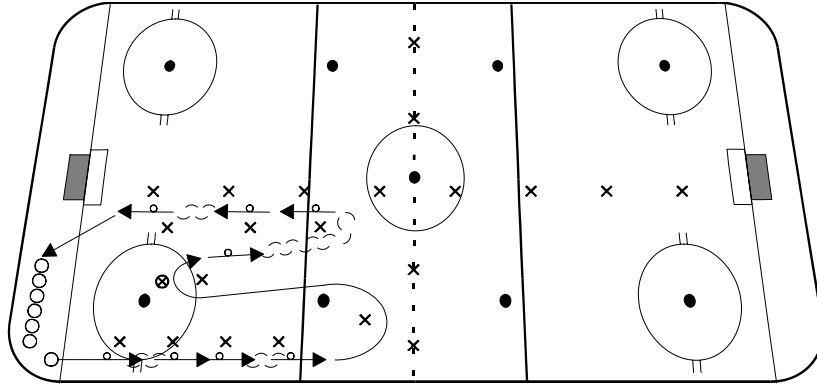


figure 77.

**EQUIPMENT:** cones

**DURATION:** 10 minutes

### **ORGANIZATION:**

- The coach places cones to indicate the areas where the players must pivot. The players are at the corner of the skating rink.

### **PROCEDURE:**

- Taking turns, players execute pivots at each cone they meet as indicated on the figure. The players continue on forward or backward skating up to the next cone. Avoid long waiting lines. As soon as a player has executed his second pivot, another player takes off. Each one skates at his own pace.

### **INTERVENTION:**

- Verify the key points for backward skating and for the pivot that has been taught until now.

### **COMMENTS:**

- Now is the time to increase the number of repetitions.
- Demonstrate slowly what they have to do when skating the course.