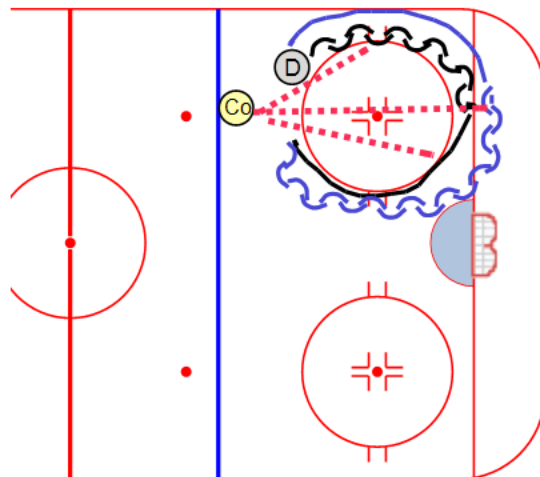


Description

D starts at the top of the circle and skates backward to the bottom of the circle, transition to forward back to the top of the circle. Another transition to backward and then forward at the bottom of the circle. While performing this skating exercise the D passes back and forth with the Coach at the top of the circle.

Perform two rotations.

You can have the next D to perform the drill be the person at the top of the circle making the passes.



Key points:

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