

Description

Use two cones to help with this skating drill

D starts near the top of the circle and skates backward to the bottom of the circle, transitions to forward and skates back to the top of the circle, around the cone and backward back to the bottom of the circle. Transition again to forward up to the opposite cone, transition around that cone to backward again and skate the pattern again.

Perform two rotations around the circle

Key points:

