


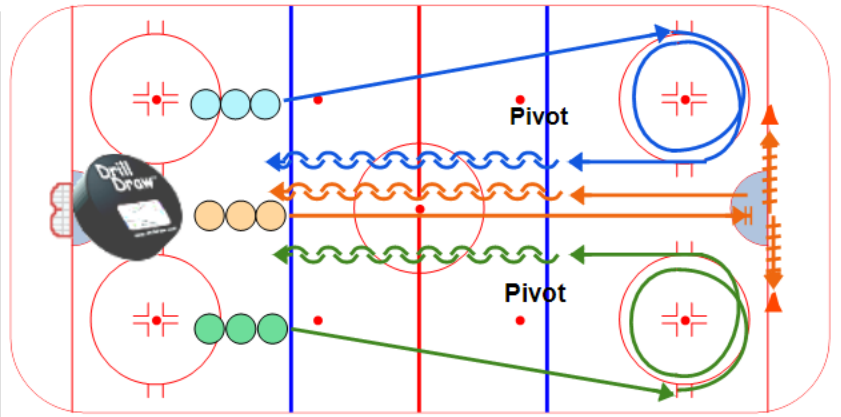


Description

At the whistle, the 3 players start at the same time.

Players  and  turn around the face off circles while making sure they follow the red line and doing proper crossovers. They do 1 1/2 turn before coming back to starting position with a pivot at the blue line.

Player  skates hard up to the goal line, quick stop and stepovers from one pylon to the other. When he comes back to the middle he turns around and skates back towards his starting position with a pivot at the blue line.

**Key points :**

Acceleration

Crossovers

Pivots