

Key Points

- Good athletic stance (knees over toes)
- Hands out front in parallel
- Drive knees down to ice at same time

Progression #1

Description: Start at the top of the middle of the crease

- Butterfly
- Back up
- T-push to one side
- Butterfly
- Back up
- T-push back to starting position
- Repeat

Progression #2

- Start on post
- T-push to top middle of crease
- Butterfly
- Back up
- T-push to one side
- T-push diagonally back across crease to other post
- T-push out to top middle of crease (starting position)
- Butterfly
- Repeat in opposite direction