

Notes / Coaching Points

Key Points:

- Lead with eyes, turn hands and hips
- Square up skate blades
- Reposition using a T-Push or Shuffle

Progression #1

Description

- Start on post
- T-Push to top middle of crease
- Shuffle to opposite side
- Butterfly
- Recovery
- T-Push back to post where you started
- Repeat

Progression #2

- Start at the top middle of the crease
- Butterfly
- Recover
- T-push back to post
- Shuffle across to other post
- T-push back to top middle of crease (starting position)
- Repeat in opposite direction