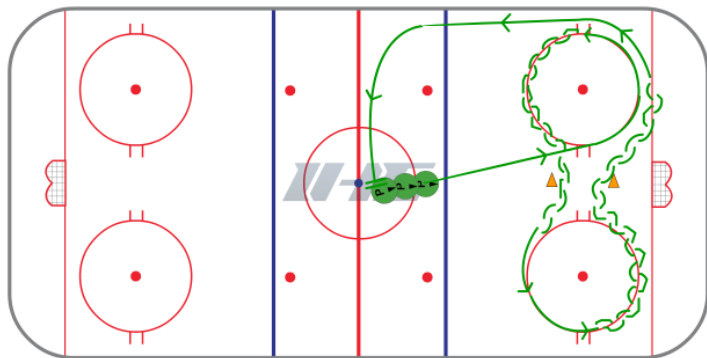


Peanut Skating Drill with Pivots (Half Ice)



Notes / Coaching Points



Description

This is a progression from the normal [Peanut Overspeed Skating Drill](#). The players follow the same exact path but they will pivot forwards to backwards and vice-versa at certain points.

Coaching Points

- When crossing over forwards be sure to rotate chest towards inside dot.
- Always pivot towards inside dot.
- When Going backwards be sure to grab as much ice as possible when crossing under.