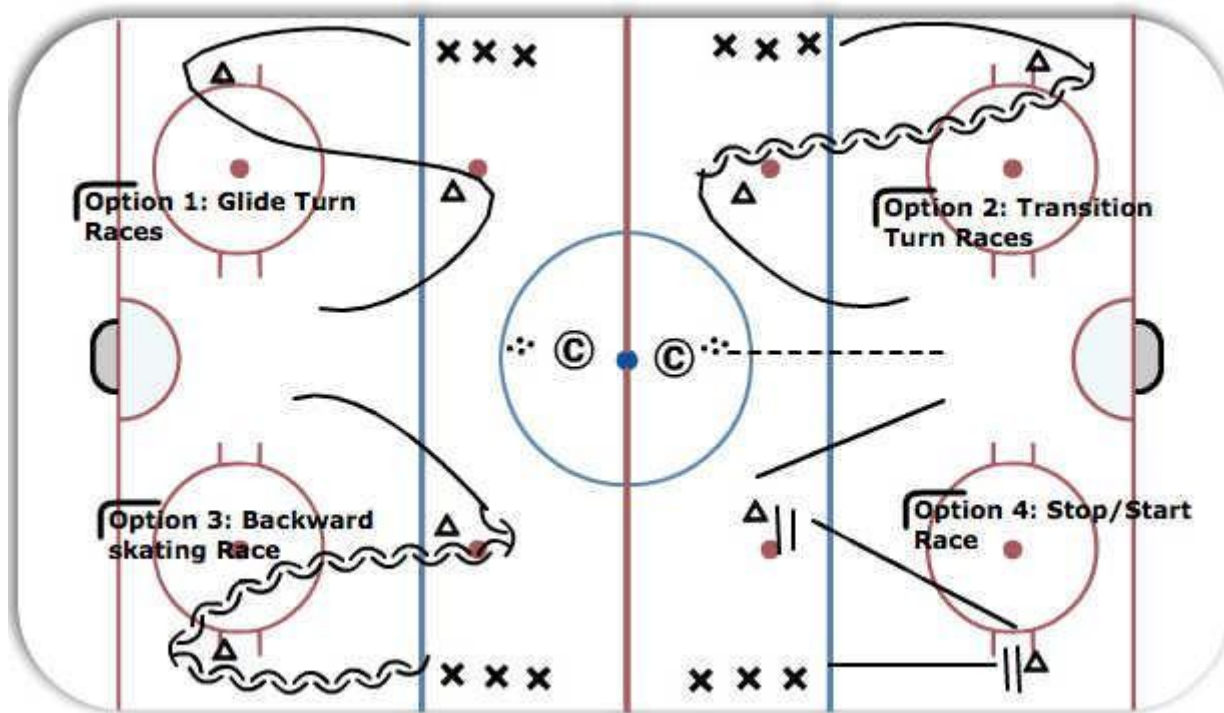


4 Race Options 2 Team



Description

- Players start on the blue lines
- Players leave on the whistle and race the player across from them
- Option 1: Glide Turn Race
- Option 2: Transition Race
- Option 3: Backward Skating Race
- Option 4: Stop/Start Race

Tags: Coaches choices of Races, Work on skills, Edges, Transitions, Stops and Starts...