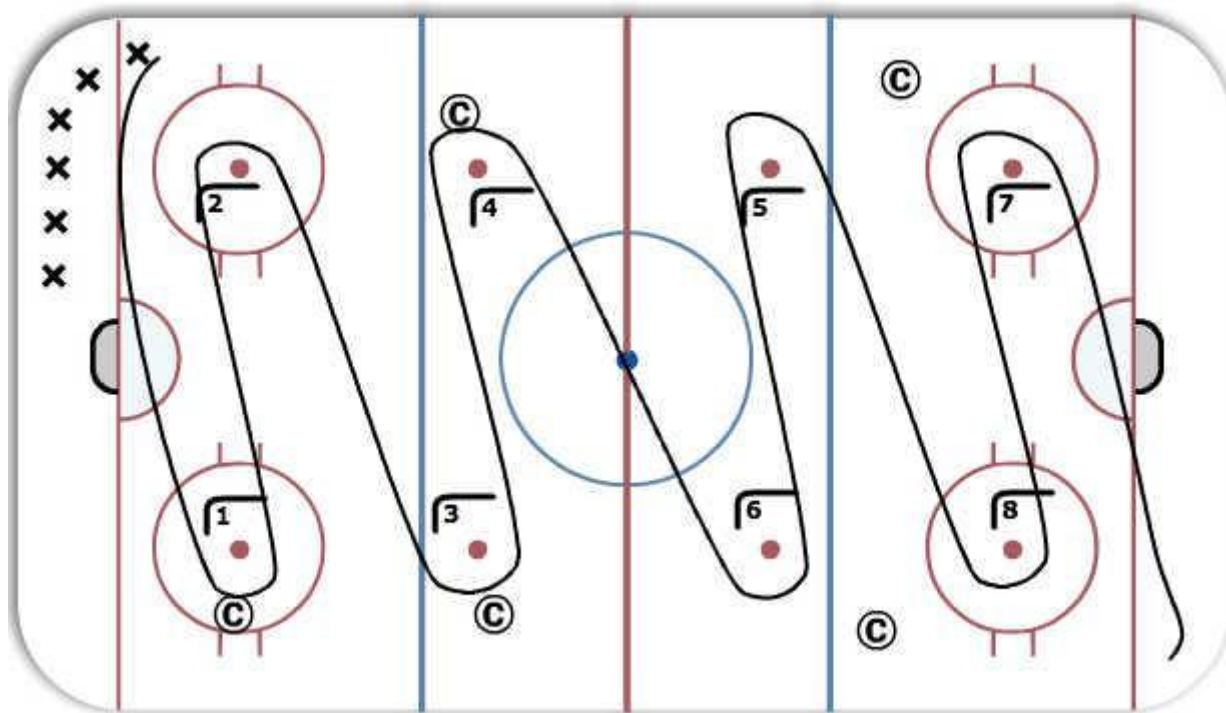


## 8 Dot Glide Turn



### Description

#### 8 Dot Glide Turns:

Players line up in corner and skate to face of dot in opposite side of rink, they glide around face off dot, then skate to dot close to starting line and glide around face off dot and continue to each dot performing glide turns at each face off dot down the ice. Coaches skater throughout dots to help players perform glide turn properly and direct players to next face off dot.

**Tags:** Glide turns, 2 feet on the ice, lead with stick then inside foot