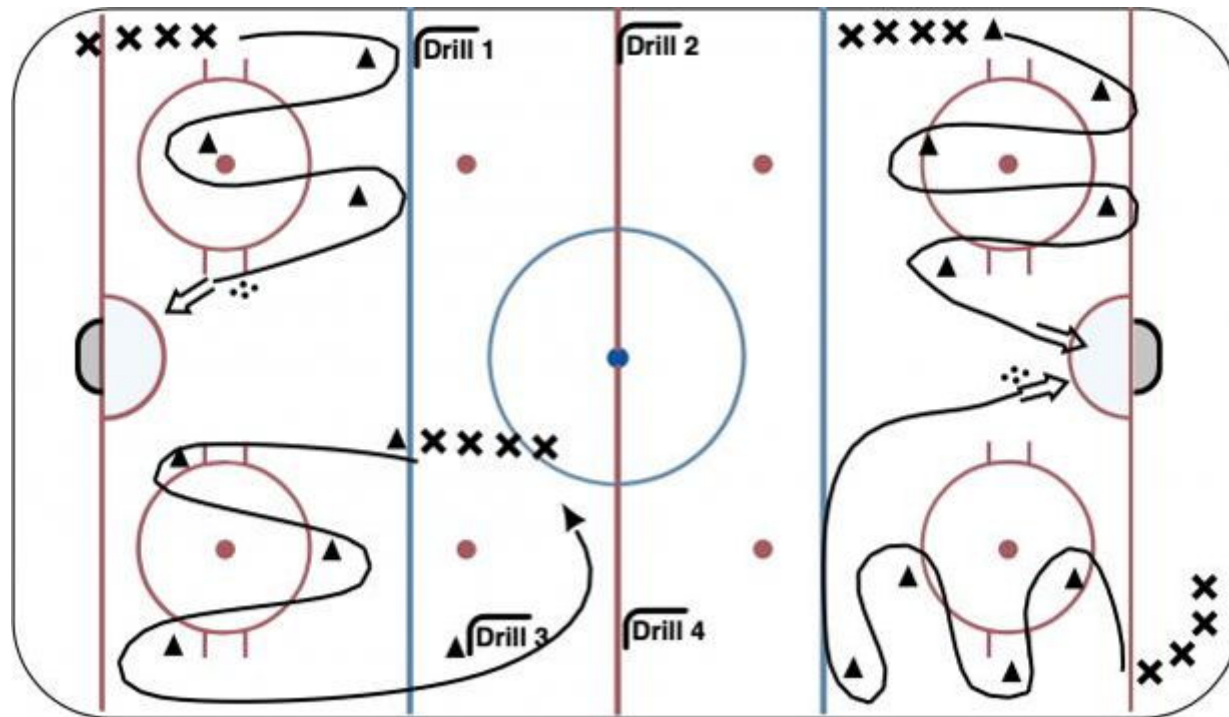


## Beginner Edging



### Description

Depending on the skill level of your players and how the ice is divided for your practice these drills can be finished with a shot or simply without pucks having players going through the patterns trying to turn at the cones. If players are a little more advance could attempt at having players glide on their inside edge only around cones then outside edge only trying to hold opposite skate in the air behind body while gliding around cone on one edge

Drill 1 - Players line up on the hash marks and glide around the 3 cones, keeping both feet on the ice (could finish with putting a puck in the net)

Drill 2 - Players line up above the hashmarks and glide on 2 feet around all 4 cones

Drill 3 - Players begin on blue line and glide around the 3 cones returning to the back of line when a repetition is completed

Drill 4 - Players begin in the corner, glide around all 4 cones, could finish with a shot or return to the back of their line