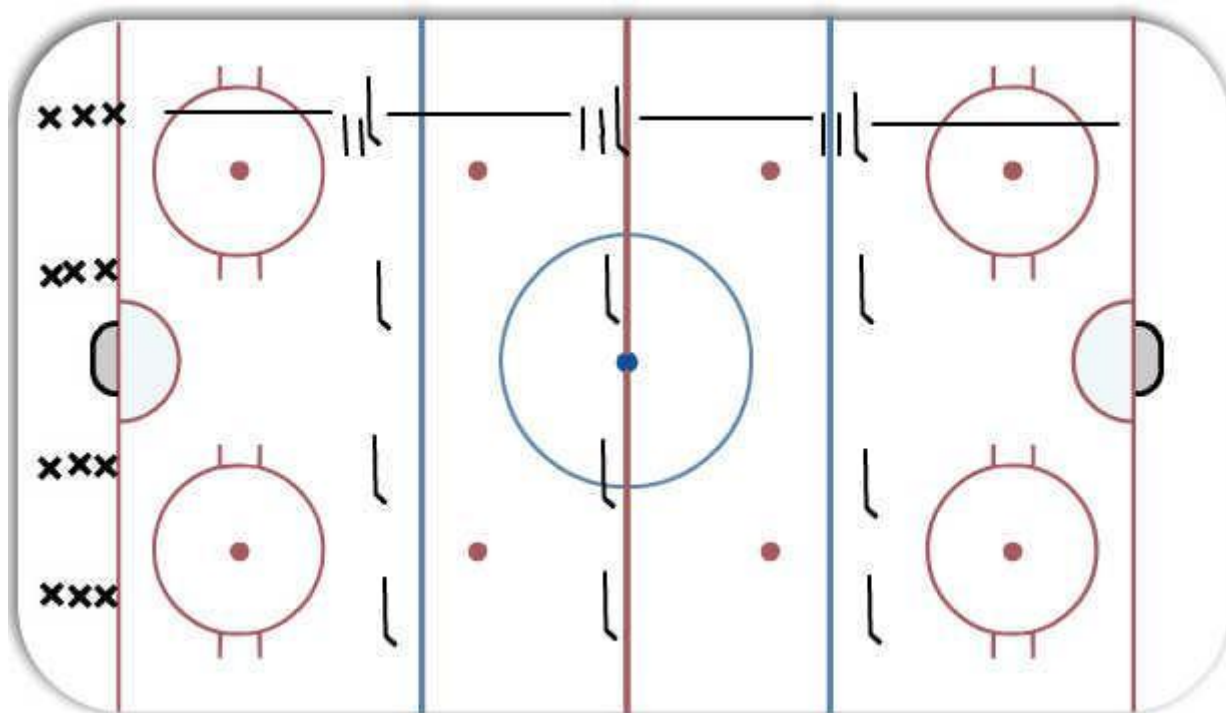


Cross Over Start Teaching Drill



Description

Working on Cross Over Starts, begin with players simply crossing outside foot over inside foot to take off in quick start, once players cross over they are getting into their V-Quick Start.

Add sticks, players have to Cross Over stick by getting heels up, then 2-3 quick steps (V-Quick Start) then into long strides.

Coach lines players up on goal line, then has player 1 drop stick inside close blue line, 2nd player drops stick on red line inline with player 1's stick and player 3 drops stick outside of far blue inline with player 1 and 2's stick.

On coaches Go, players will skate to first stick and stop, cross over start and skate to 2nd stick, stop, cross over start and skate to 3rd stick, stop, cross over start and skate to far goal line.