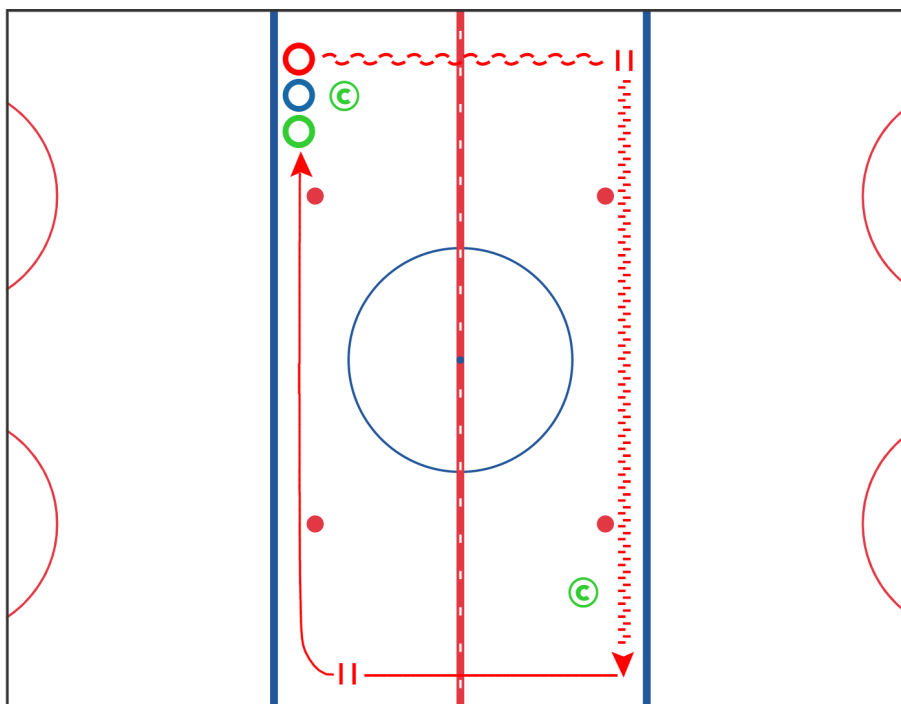


Agility Skate



Description

- Players start on boards at blue line and skate backwards to far blue line then executes a two foot stop.
- The player then executes lateral crossovers across the blue line to the far boards.
- Player skates forward towards blue line and executes another two foot stop, then skates to the back of the line.