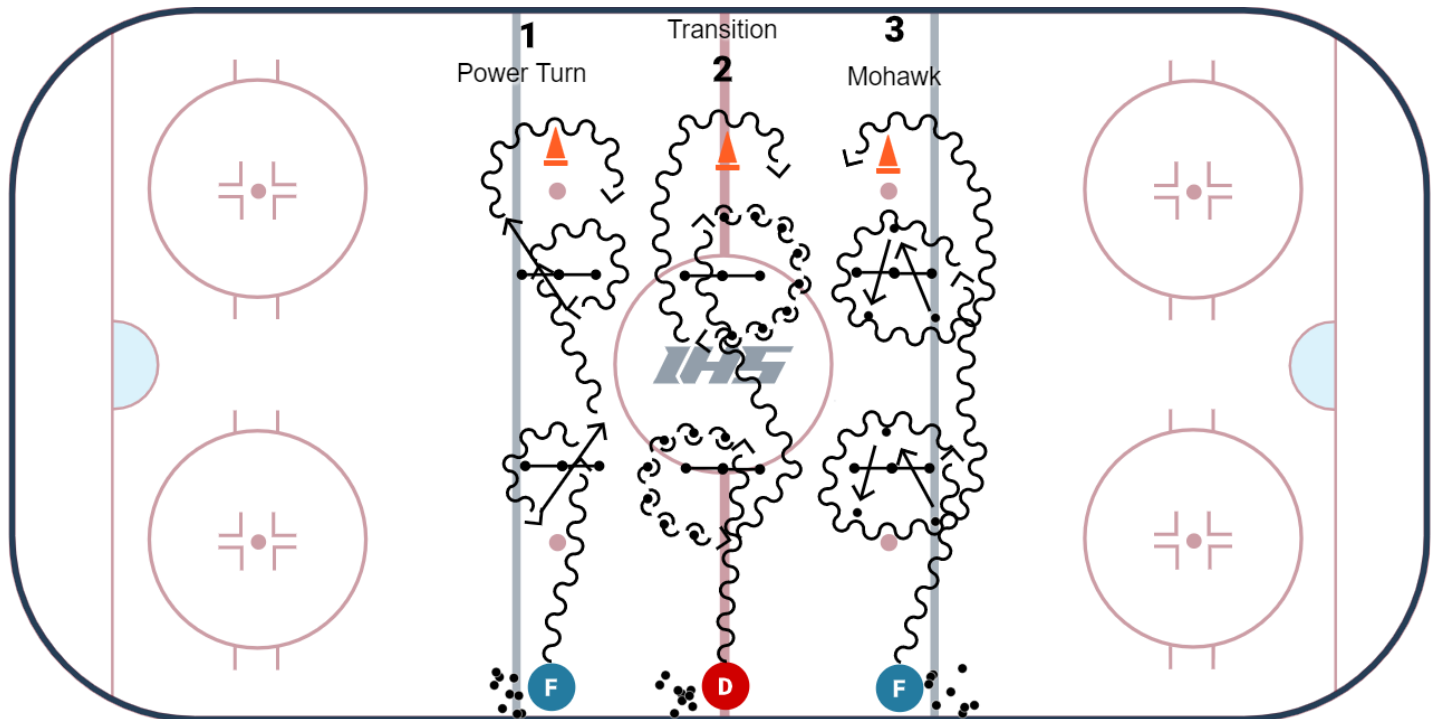


Edgeboss Neutral Zone Stickhandle, Power Turns, Escape with puck



All lines are doing same skill at a time but broke up into 3 Progressions

1. **Escape/Power Turn:** Skate toward Edge Boss and leap over aid that is horizontal to skaters. Push puck through aid and escape (alternate left or right power turn on aid 1 and 2) and only stickhandling towards opposite board you start at. Repeat going back to where you started after going around cone.
2. **Transition:** Skate toward Edge Boss and leap over aid that is horizontal to skaters. Push puck through aid and transition backwards (alternate left or right transition on aid 1 and 2) and only stickhandling towards opposite board you start at. Repeat going back to where you started after going around cone.
3. **Mohawk:** Skate toward Edge Boss that is horizontal to skaters. Push puck through aid and mohawk around aid (alternate left or right mohawk on aid 1 and 2). Repeat going back to where you started after going around cone.