

PARTNER PULL

PURPOSE: Conditioning, development of power, speed and improved forward skating technique.

SET-UP: Pair up players of equal size. Players stand one in front of the other, with the player in the rear sitting on the ice on his knees. Each player holds a stick in each hand to make it a “horse and chariot” set-up. The lead player pulls his partner the length of the ice. Players should concentrate on proper technique, maintaining good knee bend and a long stride.

