

10U/12U PHASE II - LOWER BODY

ZIG ZAG SKATERS

SETUP

- 6 cones 3-5 feet apart in a zig zag pattern.

MOVEMENT

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- Start standing comfortably on the inside of cone #1.
- Load weight onto right leg with a deep knee bend.
- Place left leg behind right leg in the air.
- Jump to cone #2 landing on left leg while swinging arms to the left-simulating a hockey stride.
- Jump to cone #3 landing on right leg while swinging arms to the right-simulating a hockey stride.
- Perform skaters zig zagging through all 6 cones.
- Hold each landing for 3 seconds.
- Players jog back to line.
- Repeat.

ADVANCED

Perform Zig Zag Skaters backwards.



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