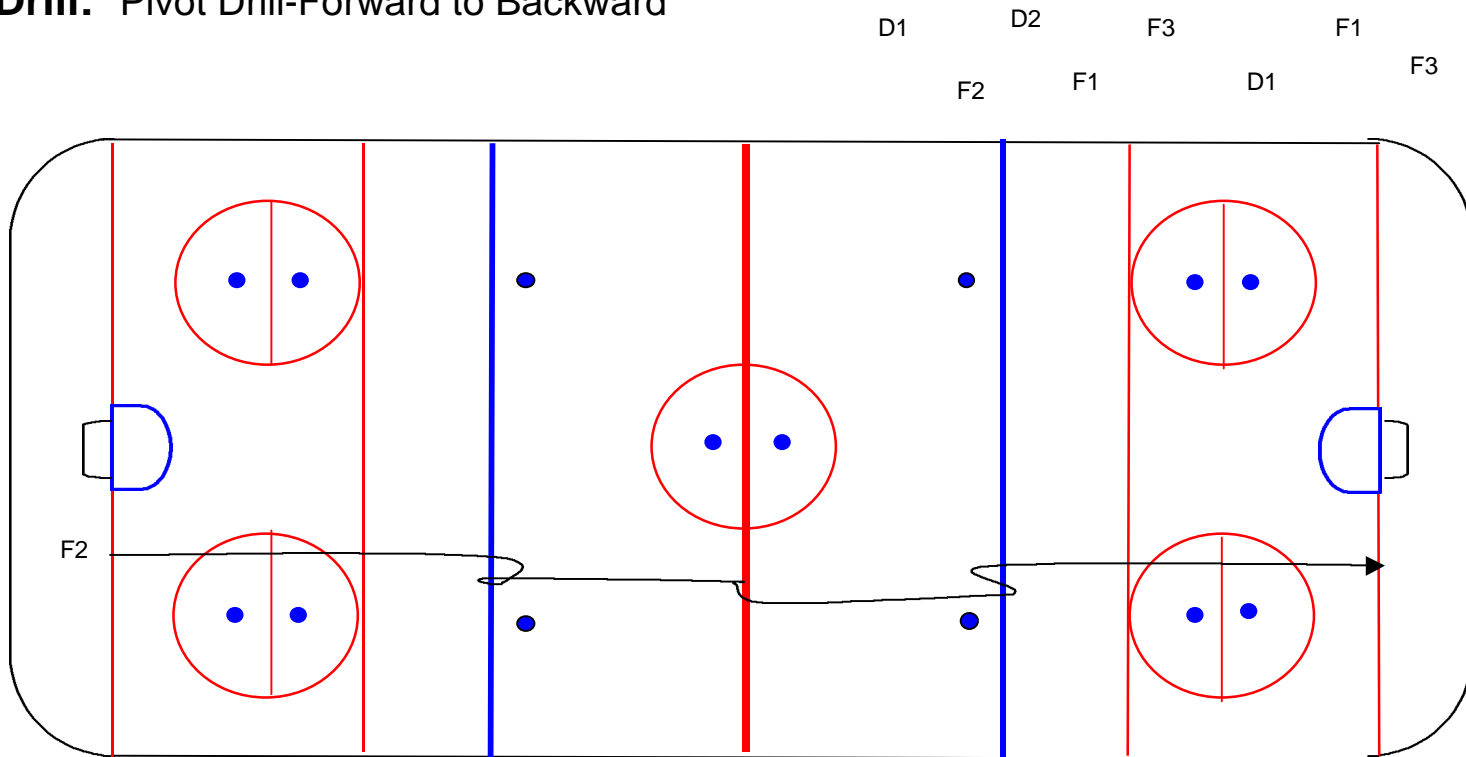


## Drill: Pivot Drill-Forward to Backward



Player starts at Goal line skates to Blue line and turns to skate backwards to Center Line.

Turns to skate Forwards at Center Line and turns at blue line to skate backwards.

Variation: turn only at Blue lines and do backwards crossovers between blue lines.