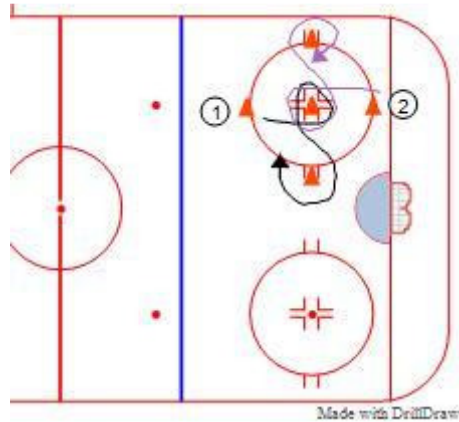


Quaid's Corners



Key Points

- Heads Up Skating
- Timing
- Tight Turns
- Maneuvering in Traffic

Description

Players begin at opposite cones. On the whistle both players skate toward the center cone and turn a specified direction (always to the right OR always to the left). After the player completes their turn around the center cone, they proceed to the next cone. This pattern continues until the players end up at the cone they started at.

Notes

Up to 4 players can be used simultaneously on this drill.