

Ninja Maneuvers with MEDUSA

- **Footwork and stepping around**
 - Shuffle Crossovers left and right and alternating
 - Dusa Says (left, right, front, back, down, spin, yell, left knee, right knee) (2 min)
 - Running on skates – In a line. Drill made for cones.
 - Sneaking around and pushing with core (not hitting) other skater out of bounds (inside and outside)
- **Hip checks/A\$\$wipes** (hip bumping, learning timing w/A\$\$wipes)
 - Line up hip to hip in a circle/line. Bump in chain reaction
 - Pair up again and practice hip bumping
 - Hip checking pace line (12" off the line, approach on inside, pop hip as you pass)
 - A\$\$wipe groups of 4-5
- **Stopping Fast** (snowplowing & incorporating into frontal blocking)
 - Snowplowing in 2 seconds on the whistle
 - Snowplow groups of 4-5 (mini pace lines weave through and snowplow then sprint to next person)
- **Frontal blocks** (fast so they don't see it coming, focus on position on track and using momentum to your advantage)
 - Use your whole body; do not just twist your torso.
 - Don't just turn/cut across - you'll skate off track if you miss!
 - Let them hit you on the corner, lead with your hip and follow through with your shoulder to their chest.
 - Can opener Groups 4-5 (mini pace lines weave through and snowplow into frontal block)
- **If there's time . . . Breaking down turning around**
 - Side surfing/turning 180 degrees, then again, Both ways
 - Doing 360s in a pack

Questions? E-mail me!
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