

Figure 12.15 Lateral skating: Make skating motions from side to side rather than forward; note knee bend of support leg.

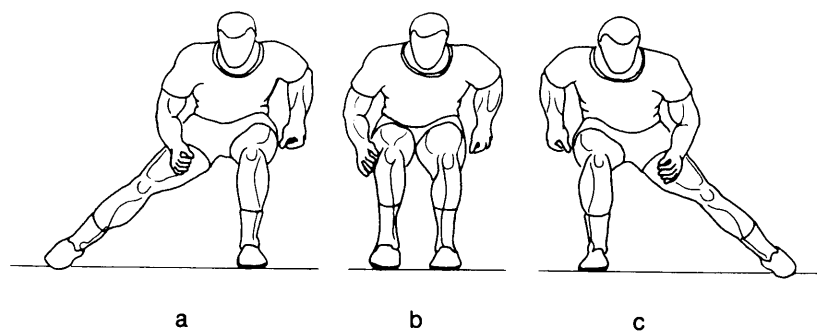


Figure 12.16 Side steps: Push to side, return feet together, using the opposite leg to push each time; maintain deep knee bend as the leg returns.

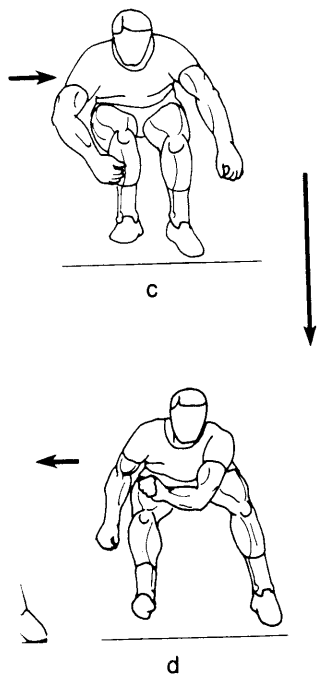


Figure 12.17 In-and-out jumps: Jump out in split-like position; return legs under body, maintaining knee bend as legs return.

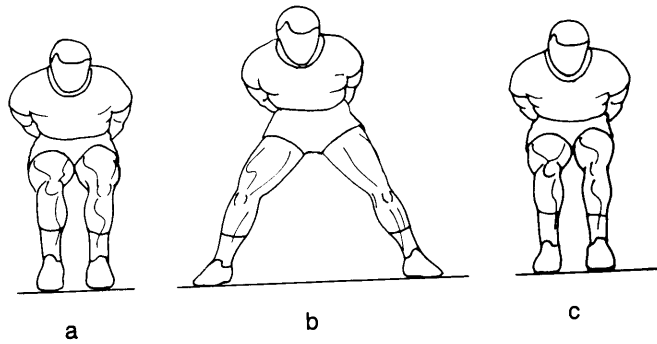
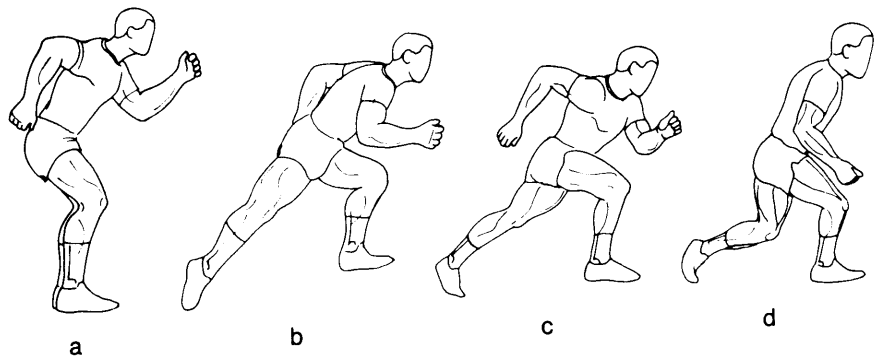
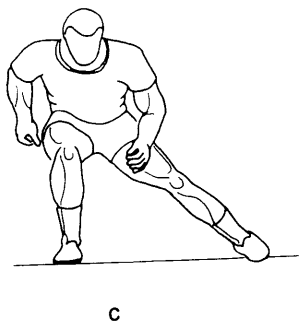


Figure 12.18 Crossovers: Practice crossover/crossunder moves; note full extension of pushing leg under the body.



Turn feet together, using the knee bend as the leg returns.

Figure 12.19 Sprint starts: Practice sprint starts on a track, starting both from a frontal and side position.