SHUFFLE

Lesson Description

A goaltender must have the ability to move efficiently outward, inward, and in lateral directions. Given that angle is the goaltenders most important positional element, lateral movement is the most dominant direction.

Moving laterally is accomplished by variations of three methods. These are the shuffle, t-push, and stepback/pivot/stepout maneuver. Although the t-push is the most frequently used lateral movement, the shuffle also plays a key role.

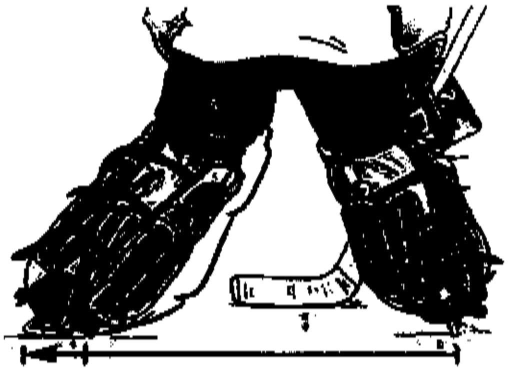
The shuffle allows for the majority of stance fundamentals to be maintained during execution

The main benefit of the shuffle (Shown in Figure 1) is that it allows the goaltender to maintain the majority of their stance fundamentals and full-time squareness on the puck during the execution process. Therefore, it is used primarily when small lateral adjustments need to be made. These include tracking a player that has control of the puck and can release a shot on net at any time or short pass situations.

Let's take a look at the execution sequence of the shuffle.

THE STARTING POSITION

The placement of the skates on the inside edges means a well-prepared goalie should be ready to thrust at all times. With weight evenly distributed across the balls of the feet, the goalie should be able to thrust in either direction as required. Knee flexion provides the goaltender with the ability to extend the thrust providing the propulsion necessary.



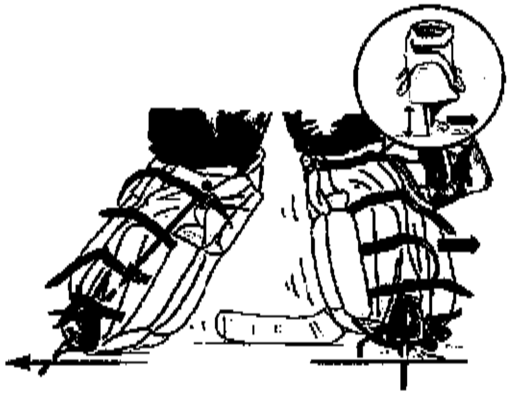
A weight transfer to the backside skate starts the lateral drive

THE EDGE DRIVE OR STARTING MECHANISM

With the inside edge already available, the goalie thrusts using the backside foot to the desired direction of travel. The thrust is started with a rapid weight transfer onto the backside or driving leg.

As the goalie extends the backside leg, weight shifts from the middle of the foot, at the beginning of the drive, to the toe, as the thrust extends (Shown in Figure 2). This vigorous extension from knee through to the toe provides the potential for powerful and rapid shuffle movements.

It should be noted that as the width of the shuffle step decreases, the need for the foot to extend fully through to the toe is reduced. This occurs because the power necessary for the move is reduced.



To prevent resistance, the lead skate is rotated up onto both edges

THE LEADING SKATE EDGE

The backside skate is key, however, the leading skate also plays an important role. With skates on the inside edges in the stance, the goalie is ready to move in either direction. However, it seems counterproductive to be driving off one inside edge and into another inside edge. It is here that most goaltenders find difficulty.

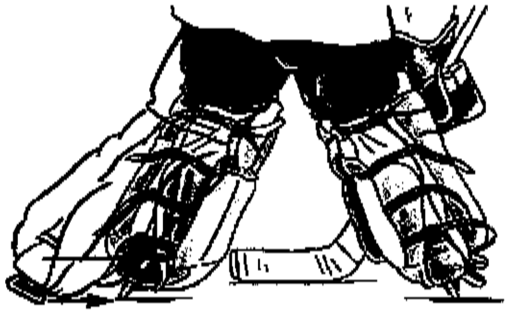
Therefore, to eliminate resistance the lead skate must be rotated up onto both skate edges (Shown in Figure 3). This removes the resistance of this sharp edge. The rotation, however, cannot be excessive or the outside edge will also cause complicating resistance.

THE RECOVERY

As with any skating movement, an extension or leg drive is required. Additionally, an extension requires a corresponding recovery of the backside leg. This recovery is important for two reasons -- to allow for another thrust and/or to prepare the goaltender for a set stance position.

The key to the shuffle recovery is the proximity of the recovering foot to the ice. In other words, the retiring skate should be brought back low to the ice. Many goaltenders bring this foot back to high complicating the stopping and setting procedure.

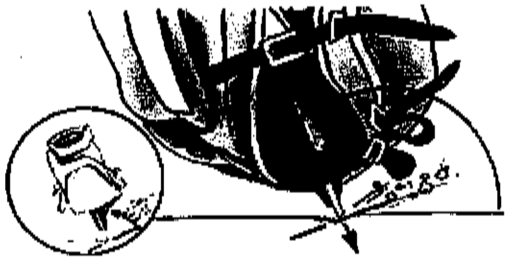
Figure 4 shows the recovery of the backside skate.



After thrusting with the backside skate, it must be brought back in towards the goaltenders body low

THE STOPPING MECHANISM

Like the start, the stopping mechanism uses the inside edge. Also similar is the ease of use and availability of this edge. Since the glide leg has been rotated up onto both edges, the stopping procedure involves re-rotating the skate edge back onto the inside, followed by a rapid, brief weight transfer to drive into this edge rotation (Shown in Figure 5).



To stop, the inside edge of the lead skate is rotated back onto the inside edge with weight applied

THE BENEFITS OF SHUFFLING

In order to truly appreciate the benefits of the shuffle movement, one must recognize that it is the only movement skill in hockey which fully preserves body position. In the case of goaltending this is crucial because proper body position is instrumental in providing:

1. Maximal net coverage
2. The ability to respond in any direction
3. Access to a full repertoire of tools

As well, shuffling provides an array of other advantages over other forms of lateral adjustment:

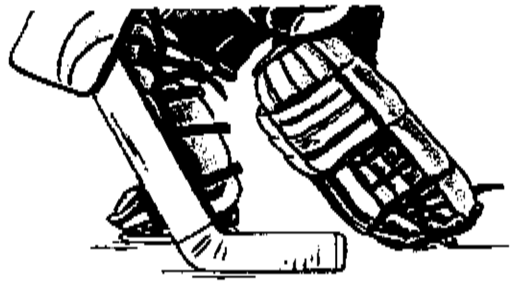
· The maintenance of all stance fundamentals
· Edges are at immediate disposal for starting purposes
· Edges are at immediate disposal for stopping purposes
· The width of adjustment can be minor or major without a loss of body control

Remember, lateral movement is used to track puck movement. When shorter lateral distances need to be traveled, the shuffle is the most logical method to use.

T-push

Description

A goaltender must have the ability to move efficiently outward, inward, and in lateral directions. Given that angle is the goaltenders most important positional element, lateral movement is the most dominant direction.



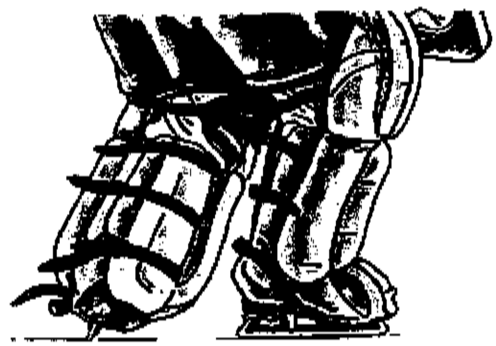
The lack of resistance makes the t-push the quickest form of lateral movement

Moving laterally is accomplished by variations of three methods. These are the shuffle, t-push, and stepback/pivot/stepout maneuver. Given the evolution of the game and goaltending position, the t-push (Shown in Figure 1) has become the goaltenders most logical and frequently used method of lateral transportation.

First off, it should be noted that the t-push has one very significant drawback relative to its shuffle counterpart. To execute the t-push the goalie must rotate one of the skates off a square position, which also brings a second key body area off a square position – the hips.

With foot and hips opened up it is evident that if the play were to change direction the goalie would have to come to a complete stop before changing direction. Therefore, in situations when a puck can be released on net at anytime, a shuffle is a more logical lateral move.

Having exposed the major draw back to the t-push, lets look at it's major benefit.



To initiate the t-push, the lead skate must be rotated off of a square position

The t-push, unlike the shuffle, provides little to no resistance since the blade is being used as a skate blade was meant to be used. In other words it is gliding smoothly across the surface.

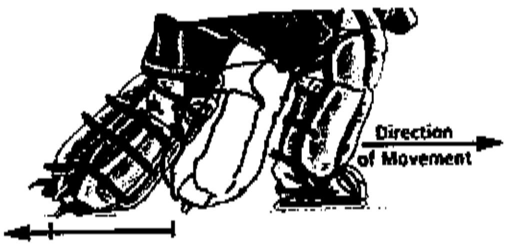
This lack of resistance then makes the t-push a quicker lateral maneuver. This is key given the importance shot preparation plays in the save process. The quick a goaltender can reach their positional destination the more time they have to prepare for a shot. This will result in a more efficient, controlled save, thus enhancing rebound control and a post-save response if one is required.

Let's now take a look at situations when the t-push is most commonly used:

- Lateral pass situations
- To initiate a thrust to save movement (e.g. moving into a stack-the-pad save)
- During a more relaxed circumstance (e.g. play in the neutral zone or on the perimeter)
- To initiate a move to the back of the net to stop a rim
- To preserve energy during excessive pressure

T-PUSH MECHANICS

The mechanics of the t-push are relatively simple and straightforward. It should be pointed out that while the t-push is easier to execute from a strength standpoint it requires very quick feet and edge control since there is more movement taking place with the blades of the skates.



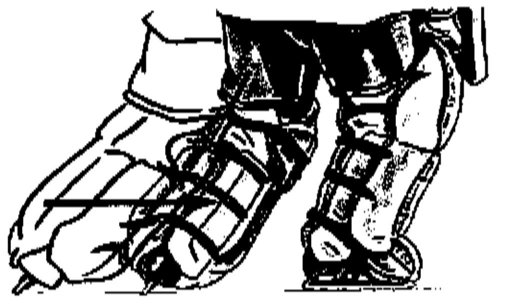
Once the lead skate is rotated, the thrust is made with the backside skate

STARTING POSITION

As with any positional adjustment, a controlled move requires a strong starting position. As always the most controlled starting point for the goaltender is their basic stance. With weight properly distributed, skates on their inside edges, and knees flexed the goalie is ready to move in either lateral direction.

LEAD SKATE ROTATION

When the goalie is ready to make their lateral adjustment, they start by rotating their lead skate. In order for this rotation to occur, weight must quickly be shifted to the backside or drive skate. With weight now solely on this skate, the lead skate can be rotated to point the goalie in the desired direction of travel (Shown in Figure 2). Keep in mind that strong visual attachment on the puck will also help aim the goaltender in correct direction of travel.



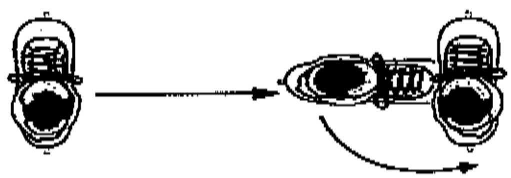
DIRECTIONAL THRUST

After the lead skate has rotated in such a manner as to aim the goalie's pending movement, it should be brought back in tight to the backside leg. This ensures maximum extension is obtained when thrusting with the backside skate, which should still be on the inside edge. This will now allow for an immediate and strong thrust, propelling the goalie towards their target (Shown in Figure 3).

After thrusting with the backside skate, it must be brought back in towards the body low to the ice

SECONDARY THRUSTS (if necessary)

For younger goaltenders, moving a large distance multiple thrusts may be needed to maintain speed and to get them to their desired positional target. In most cases these additional thrusts will not be necessary. However, for some younger netminders these additional thrusts may be needed since they will lack the strength and size to thrust immediately to position.



RECOVERY OF BACKSIDE LEG

Following the thrust and extension of the backside leg, it must be recovered quickly for two reasons. First, the goalie cannot set properly without this leg back underneath their body position.

Second, subsequent thrusts are not possible without a recovery. A recovered leg allows for another extension and thrust. If the backside leg is not recovered properly little to no extension will exist for these secondary thrusts.

The recovery of the backside leg should also be made close to the ice (Shown in Figure 4). This will further simplify the eventual set up.

LEAD SKATE SQUARING AND SETTING

As the goalie nears their new positional target they can prepare to stop and set.

This occurs by re-rotating the lead skate back to a square position to the puck (Shown in Figure 5). With the skate now squared up, the inside edge can be driven into the ice to bring the goalie to an immediate, controlled stop.

The re-rotation of the lead skate is the stopping and setting mechanism for the t-push

Following this stop, weight must be redistributed across both feet. With weight on both feet the goalie is ready to respond in either direction with a save response.

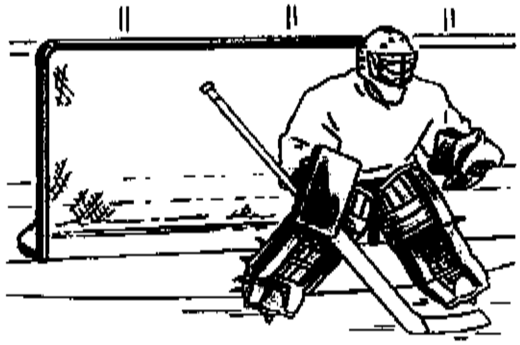
To close, it must be pointed out that in today's game the speed of lateral puck movement from player to player is quicker and more frequent than ever. To compensate this evolving trend, strong lateral movement is key. With the benefits provided by a properly executed t-push makes it the most logical and efficient form of lateral movement.

Angle Establishment

Lesson Description

The objective behind proper positioning is to maximize coverage of the net and to simplify a goaltender's save process. This maximal coverage is achieved through basic positional skills which, when combined properly, allow the goaltender to build significant coverage in the net. The combined elements include proper angle, the correct selection of depth and proper squareness/stance (body position).

Figure 1 shows a goaltender with a strong basic position.



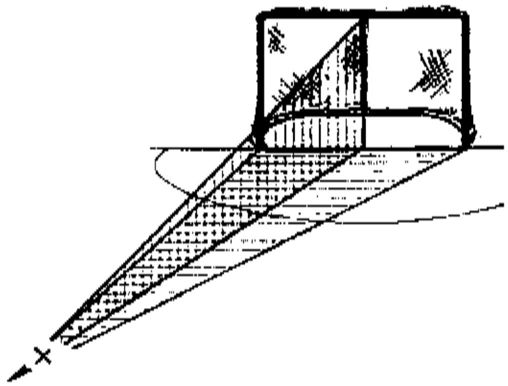
Angle is always the goaltenders positional priority

The focus, here, is angles. While each positional item noted above is essential to a goalie's success, angle is the priority. When defining and selecting proper angles there are three points, which need to be identified.

1. Puck
2. Net
3. Goaltender

The first item – puck position – being in a constant state of change, is the pivotal one. The second point, a permanent one, is the net position. The third item in the relationship is the goaltender's position, which is formulated based upon the first two points.

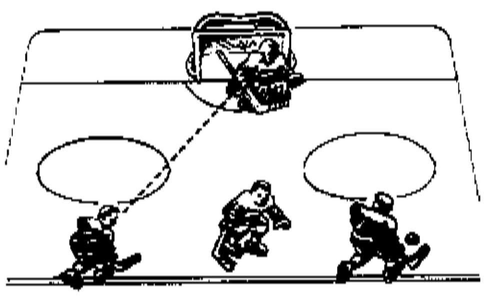
A proper angle, then, can be defined as the position that centers the goaltender in the puck/net relationship. In other words, a proper angle selection will provide an equal amount of net on each side of the goalie. In Figure 2, the goalie's centered position is seen inside the puck/net triangle.



A proper angle is achieved by centering within the puck/net relationship

The development of good angles is a four-stage process. First, as defined above, one must understand the geometric relationship and the points, which go into this formulation. Second the goaltender must differentiate between gaining an angle using the forward environment vs. the backward environment. Now, the goalie can begin to repetitiously work on a proper centered position. The last phase is to make refinements to the initial attempts to gain the familiarity with the necessary forward environment.

Let's discuss this forward environment. To ensure other positional ingredients are developed properly, the goalie must establish an angle based upon this forward view. For reference sake, the backward environment involves touching posts, looking back, etc. While these options can be used by the goalie for preliminary development purposes, eventually, this type of activity must cease. Figure 3 illustrates a goalie's forward environment.



A goalie will learn to automatically formulate their angle based upon the forward view

The forward environment includes the puck position (the angle is always based on the puck position unless it is behind the net) and additional points of reference on the ice or in the rink. Some examples of these points of reference are the hashmarks, center-ice dot, blue lines where they meet the boards, and the opposing goal.

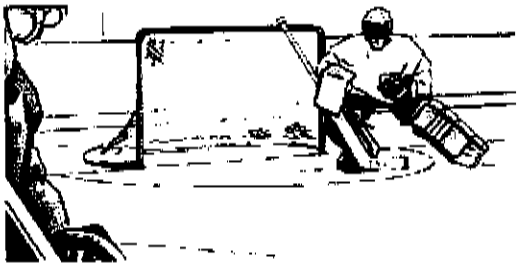
As a goaltender develops the ability to formulate the angle based upon the forward environment they have set themselves up to establish a strong positional base. It is angles, then, which lie at the foundation of positional development.

Angle identification using the more sophisticated forward environment approach follows this progression:

1. Identify the puck position
2. Starting in the crease, step out on the proper, initial angle (depth is now established with the initial angle)
3. Maintain centered position as required – using lateral adjustments (see Figure 4)
4. Set final position (i.e. angle, depth and body positions are now all fulfilled) and face shot

You can see the efficiency gains available. A goaltender's objective is to simplify shot preparation not complicate it. Complicated shot preparation will always lead to poor positional play.

While the concept of angles is relatively simple, goalkeepers, coaches, and parents must exercise patience, while angle work is pursued. In time, a goalie's angles will be accurate each and every time.



Angle is maintained by making lateral adjustments using the shuffle or t-push as shown above

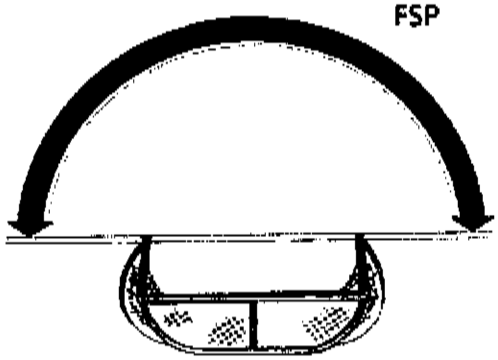
Depth

Lesson Description

For a goaltender to occupy an optimal position relative to the net and puck, they must have a combination of proper angle, depth and body position (squareness). Depth, defined, is the distance (proximity) the goalie is positioned from the net. A goaltenders selection of initial depth, which will be the focus of this article, or starting position, is paramount to positional success.

Before moving on, we will first point out the impact today's offensive strategies have on goalies initial depth selection. The most obvious strategic change is the emphasis placed on those offensive players who do not have the puck. Today, goaltenders have to be equally concerned with attackers who are driving the net for rebounds, deflections, screens, lateral feeds etc.

As much as a goaltender should always prioritize the puck position, they need to bring a much higher level of respect and awareness to these additional threats. To challenge a shooter and establish a strong depth position relative only to the puck carrier is a common flaw. Therefore, the goaltender must occupy a depth that positions them effectively to handle both a shot or pass situation.



The FSP is a standard initial depth that goes a long way to achieving versatility

FUNDAMENTAL STARTING POSITION

The fundamental starting position, or FSP, is a standard depth that goes a long way to achieving versatility. The FSP is, simply, the top of the crease as shown in Figure 1.

The fundamental starting position is precisely what it's name suggests – a starting position for depth. It should be noted; it is not an optimal depth for every circumstance but rather a more logical starting point. Depending on the dynamics of the play, the goaltender may elect to move out to enhance their depth or move back to a more conservative position.

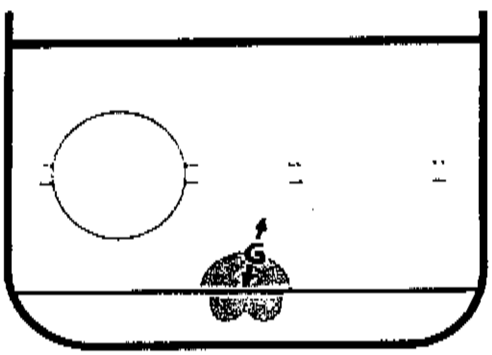
The FSP provides a simple approach to follow in establishing strong positioning. For instance, on a puck being dumped in from the neutral zone a FSP position provides the goaltender with a direct route to handle these pucks, whether they are rimmed, dumped on or off net.

A position out on the FSP, while not perfect, is reasonable for any shot taken from the perimeter

However, with an overly aggressive initial depth, the goaltender will have trouble getting to rims or dumps given the larger distance they must travel.

On the other hand, an overly conservative depth will cause the goalie to slow down when going around the post en route to controlling a rim or off-net dump. Making it more difficult for them to get to these pucks. It also makes goaltenders more susceptible to long shots on net.

An FSP position is also more versatile when the puck is in the goalies' zone and moving around the perimeter. By establishing a position out on the FSP, as shown in Figure 2, the goaltender has established a depth, which, while not perfect, is reasonable for any shot taken. It is a position that does not encourage a lot of cross net plays, but if one occurs the goaltender has the versatility to respond.



Depth adjustments made from an originating FSP position are minimal

An overly aggressive depth in this situation will increase the likelihood of the puck moving laterally. It also causes the goaltender to be out of position in the event of a rebound.

An overly conservative depth posses it's own set of complications. In general, it will increase opportunities to score from the perimeter as well as complicates saves. This in turn impairs rebound control and post-save issues.

impairs rebound control and post-save issues.

As mentioned early in this lesson, an FSP position is not an optimal depth for every circumstance but rather a more logical starting point. Depending on the dynamics of the play, goaltenders will make adjustments to their depth to optimize their overall position.

To conclude, by establishing proper initial depth, the goalie gains simplicity. An FSP position is a logical starting point that provides the goaltender with versatility. Remember, that it is only a starting point and adjustments in depth should be made when appropriate.

Given the location of the FSP; these adjustments to increase or give back depth are minimal as shown in Figure 3. This helps increase preparation time, which enhances the quality of the save execution, rebound control and post-save responses.

Post Save Recovery

Lesson Description

When analyzing the post-save response more closely it becomes evident that it is really nothing other than preparation for the next shot. It can be argued then that the save process (preparation, save execution, post-save response) is almost exclusively made up of preparation elements with a periodic emphasis on executing saves.

To begin, let's re examine our definition of the term recovery. If a goalie has made the first save and the puck has rebounded to the far side, the goalie, whether on their feet or not, possesses zero net coverage (Shown in Figure 1). Therefore, in order to combat a second shot, the goalie must recover lost position. Position, as we know, includes a combination of angle, depth and body. We also know that the positional priority, especially when time is limited, is angle. Recovery in its simplest and purest form, then, is the recovery of lost angle.

Two points, the puck and the net, generate the goalie's angle position. Since one of these points holds a fixed position, the net, we are able to determine the most efficient methods of regaining this lost position.

There are three paths available for the goaltender to travel.

- Over the top
- Direct
- Underneath

Since the goalies objective is to cover net quickly, the best method of accomplishing this, when time is limited, is to establish angle positioning. Figure 2 shows that the "underneath" methodology fulfills this objective the best.

Even when more time is present, the goaltenders should still travel an "underneath" path (through the middle of the crease). Instead of establishing multiple skills to accomplish the same things, a simple, standardized approach will have a much greater impact.

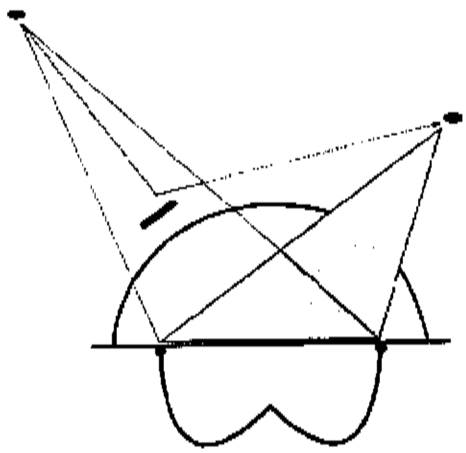
Identifying the correct direction of movement is important because it is the basis from which proper post-save response is formulated.

Post-save rotation is the means by which the goaltender aims their body for a correct, "underneath" direction of movement. While this sounds like a fairly nominal issue, it has a dramatic impact on the speed and quality of post-save response and the rebuilding of coverage.

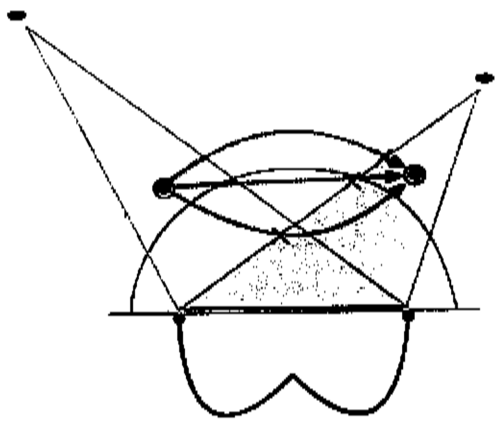
Taking a closer look at post-save rotation, there is a clear technical flow that must be followed. The flow is puck followed by vision (Shown in Figure 3)and then progressively shoulders and hip rotate until the goaltender faces the goalie's angle target (Shown in Figure 4). An important note at this stage is that since the net, one of two points on which the angle is based, is stationary, the angle target is always the same...the middle of the crease.

VISION

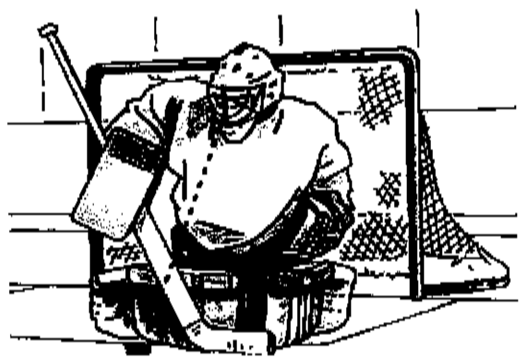
As the initial save is made and the puck comes off the goaltender's equipment, the first thing that must go with the puck is the goaltender's vision (Shown in Figure 3). Without knowledge of the puck's new position it is impossible to know the required angle. Additionally, poor visual attachment creates another major concern...delay. Any delay off the goalie's save creates a time crisis.



The above figure shows the loss of net coverage following a rebound to the opposite side of the ice



An underneath path allows the goaltender to regain lost angle the quickest



Strong visual attachment is required for save effeciency and an automatic post-save response

In time, the goalie can teach their body to follow the field of vision. This not only improves angle identification and reduces delay but as the neck turns, it assists in the desired post-save rotation.

SHOULDERS

The next body element to rotate following the head (i.e. eyes) is the shoulders. As the head turns, pressure to rotate is naturally applied to the shoulder region. Shoulders are one of three things that need to face the puck for squareness to be fulfilled.

HIPS

Following the shoulders comes the torso and hips. Hips are the second point of squareness and being lower are the next logical rotation point. As the head, shoulders and, then, hips rotate, the body will find itself square to the puck and pointing at the angle target (i.e. middle of the crease).

BACKSIDE ACTIVATION

Next is backside activation. To summarize, a backside recovery is the utilization of the opposite side skate in order to immediately push in the desired direction. As far as this discussion goes, backside activation and recovery are both required but should not be used until after the rotation occurs. Premature activation of the backside will force the goalie to use an "over the top" direction of movement which, as we know, moves the goalie away from coverage.

With the body rotated, the backside edge activated, the goalie is ready to reoccupy the necessary coverage space.
This brings about three possibilities, again dependent on time:

1. Push To Up
2. Push While Down
3. Dive

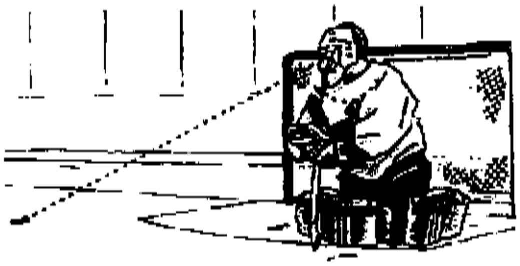
This concludes the technical breakdown of post-save rotation. A few remaining comments, however, should be made. The goalie that uses effective rotation will always be a more accurate, angle goalie. This occurs for the obvious reason that the goalie is consistently swinging through the "angle target". This virtually guarantees on-angle positioning.

Another concern is rotation from a butterfly versus rotation from a half butterfly. The butterfly rotation is slightly more complicated due the need to swivel the hips. The half butterfly rotation is easy because the goalie is able to rotate by swinging the extended leg backwards.

When building rotation into one's game, the following training concepts should be considered on a regular basis.

- Square to puck
- Eyes, Shoulders, Hips, Activate
- Train body to follow eyes
- Importance of visual attachment
- Elimination of post-save delay

Conscious work in these areas will expedite the development of post-save rotation and the ability to re-occupy required space. Goaltending is about the occupation of space and post-save rotation is the best method of fulfilling this key need.

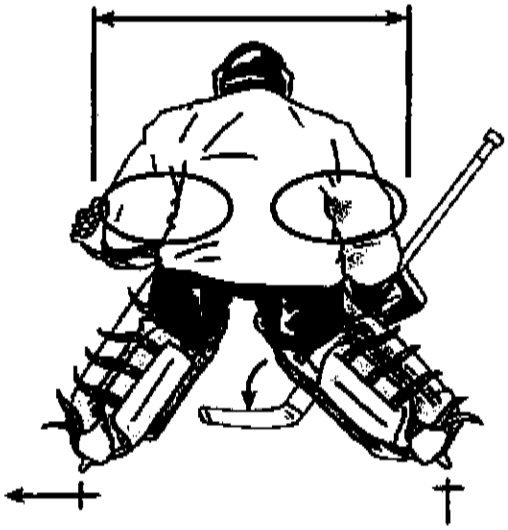


With visual attachment maintained, the goaltender will now rotate their shoulders

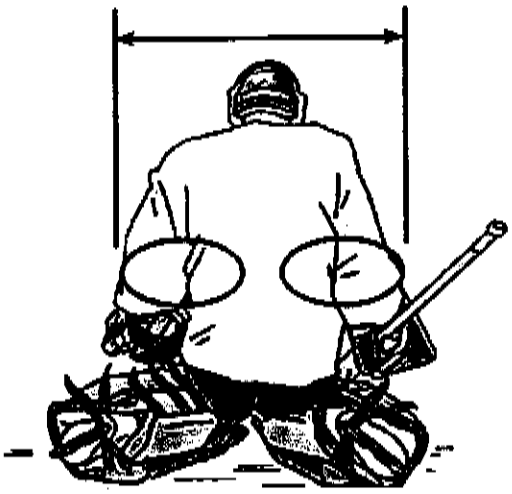
Following the eyes and shoulders, the rotation of the hips completes the move

Basic Stance to Butterfly

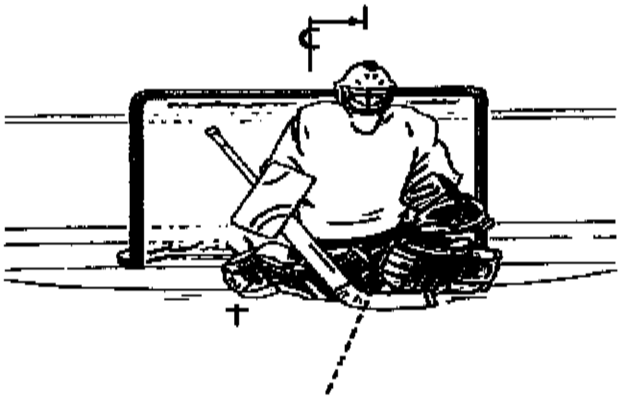
Butterfly



Look at the goalie's elbows they are slightly flared out from his body. He is not tucking his elbows too close to his body, and he is not flaring them out too far. This picture shows how he is still compact but still achieving good lateral coverage. (being wide) The goalies ankles are spread apart creating a "V" formation between his legs. This will help the goalie to remain on his inside edge of his skates and be able to get his knees to the ice quickly.



In this picture his elbows are still slightly flared out but not much he could almost go a bit more. He is still compact not allowing any big holes through the body but still getting the lateral angle achieving good width. The goalie remains in an upright position by keeping his back straight and not resting his backside on his skates. This is called vertical angle. The goalies ankles are flared outward to achieve even more net coverage. His hands are low by his side slightly in front of his body.



This one is pretty good too. He is fairly wide but not allowing big holes through the body. His arms are by his side with the elbows slightly out to the side. Hands are low and compact, legs are flared outward, the body is achieving both vertical and lateral angles to close off the middle of the net and force the shooter to make a perfect shot around the goalie.

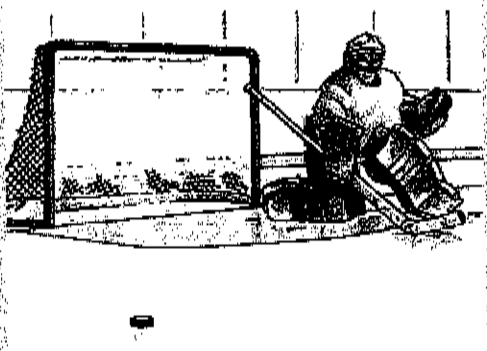
Lesson Title: Backside pushes while down **Skill Level:** A

Lesson Description

In today's game, the goaltender spends just as much time, sometimes more, down as they do on their feet. Theref goaltenders must strive to have equal mobility on their feet as they do on their knees. In this lesson plan we are going to cover one of the two methods used to travel laterally while down; backside pushes.

A backside push while down is shown in Figure 1.

In most cases, down movement is used to transport a goaltender to new position on a puck that has remained in close proximity to the net off an initial save. In these situations, time is limited for the goaltender to re-establish new position on the puck, since it has the potential to be quickly released back on net. Therefore, in a limited-time response, the goalie's only priority may be angle and time is not present to get up. Therefore, down movement is used to drive the goaltenders body unit towards angle.



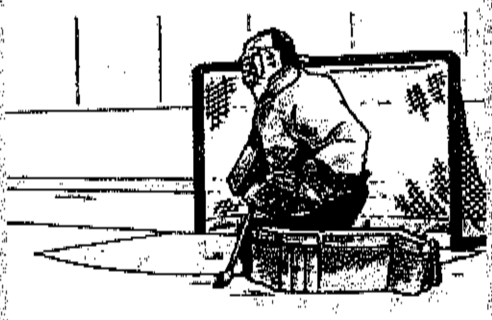
A backside push while down allows the goaltender to drive their body unit towards new angle

The most common form of down movement is pushing with the backside skate. Defined, the backside skate is the one used to drive the goaltender to their new position. For instance, on a rebound that goes to the left side of the goaltenders body, it is the right skate that will drive the goaltender across to new position.

Another method of lateral movement while down is knee shuffles. However, they are only used if a very small distance needs to be traveled. To get a detailed breakdown of this skill, view it's lesson plan under the Movement – Later category.

EXECUTION SEQUENCE

Prior to pushing while down using the backside skate, the goaltender must first aim their body properly to ensure they drive directly to new angle. For this to occur, the goaltender must have strong visual attachment on the puck. With continued vision on the puck after the initial save, the goaltender can properly rotate their body to ensure a path is traveled that allows new angle to be achieved first.



Continued vision on the puck after the initial save, the goaltender can properly rotate their body

Strong visual attachment and proper rotation are shown in Figure 2.

With vision established, the goaltender now knows where the new angle lies. Next, the goaltender must rotate their body. The rotation sequence follows this progression: eyes, shoulders and hips.

If an extended save-side leg is present (i.e. half butterfly, pad extension), it will simultaneously be brought back toward the body unit with the knee being dropped to the ice. This als aids the rotation of the body. However, if an extended save-side leg is not present, the goaltender will proceed to lift the backside knee following the rotation.

With the goaltender now aimed in the correct direction they wish to travel, the backside skate can be activated as shown in Figure 3.

It is important to point out that the goalie requires a greater hold when driving while down. If the backside skate blows ou due to a loss of edge grip the goalie will come up short. o avoid this, the goaltender must ensure they bring the backside skate in tight to the body. This will allow for a full extension in the push to occur. In order to be able to plant the backside skate in tight o the body, the goaltender must possess high thighs in their down position. If high thighs are not present, meaning the goaltender is sitting back on their legs, the backside skate cannot be brought in tight to the body. This means the extension required for an explosive push with the backside skate cannot be obtained.

It is also important to make sure the backside skate is planted, and aimed in the correct direction. A properly aimed skate will move out to the side of the goaltenders body as the push is being made. This will ensure the goaltender travels in the direction they have aimed their body via their rotation.

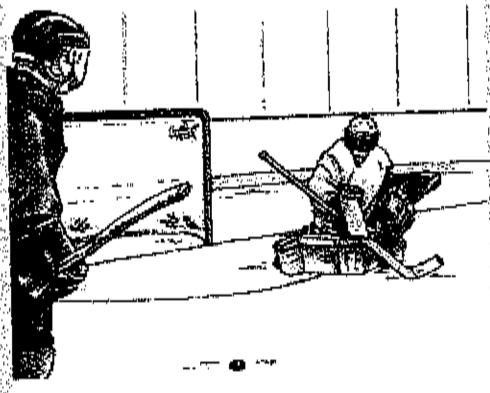
Once the backside skate is anchored correctly into the ice, the goaltender is ready to push. However, before the push is made, the goaltender must ensure they have a flared lead-leg, also shown in Figure 3. This will initiate early coverage as the goaltender drives across and minimize resistance.

Here, the goaltenders objective is to have the lead pad positioned on the inside ridge and flared away from the body. For instance, if the goaltender is driving to their glove side using their blocker side skate, the glove side skate will be pointed out to the side of the goaltenders body as opposed to directly in behind it. Similar to the way the lead pad is positioned when executing a butterfly slide.

Finally, as the drive is made the body must come back together. The drive across allows the lead pad to build low, middle coverage rapidly. It is the body coming through which helps to build the coverage up. The goalie that re compacts the body after the drive that begins to rebuild maximal net coverage.

This is shown in Figure 4.

On a closing note, backside pushes while down is an important skill for all goaltenders and should be implemented as quickly as possible. However, with younger and beginner level goaltenders, driving to a new position while remaining down should not be attempted due to a lack of strength. Since there is more resistance when pushing a down body un the ice, power is a prerequisite to its success.



Following proper rotation, the backside skate is activated and the lead pad is flared

Following the push, the body must come back together to build on the initial low, middle coverage