



# Tornado's Edge

## Coach Training



# Coach Training

**Purpose:** To accelerate the learning curve of using the Tornado's edge trainer.

Safety

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Behaviour / Respect

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Set up

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Competitive Advantage / Usage Tracking

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Drills/ Outside Edge / Confidence / Out of comfort zone

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Any power skating drill

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Edge Drills

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Agility

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Pivots

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Stopping

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Advanced / Do drills without trainer / Show what was learned

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# Coach Training

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Weak side / Strong-side

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Time drills on and off

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Share Experiences / Feedback

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Have FUN!!!!

On Ice setup video

[www.tornadosedge.com/setup](http://www.tornadosedge.com/setup) Contains links to drills

<http://tornadosedge.com/reference/> Drill Plans and Videos