

A200 - Puck Handling – Pro

Key Points:

Handle the puck all around the body. Loosen the shoulders and roll the wrists. Stick handle quietly and softly. You must be able to move the puck side to side, so the stick is too long if you cannot do this and too short if you are too bent over to see up ice. Separate the movement of the upper and lower body moving the puck one way and the body the other way. Use head and shoulder fakes.

Description:

1. Rink is separated into four lanes with one two groups starting one way and two the other. (you can use the offside dots and middle dot instead of cones)
2. Players do each exercise down and back two of the lanes on their side of the ice.
3. Do a new exercise each time with a coach or player demonstrating the new exercise.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812222953884>

<https://youtu.be/hFbPIfp9tGM>

A400 - Puck Handling Skills 4 Lanes - Pro

<https://youtu.be/1p02iz8rk7Q>

A400 - Skills in 4 Lanes - Pro

<https://youtu.be/cvAVv219tJA>

A400 Skating and Puck Handle 4 Lanes - Pro

<https://youtu.be/UMqbXiCMsdc>

