

RUSSIAN WARM-UP

NARROW & WIDE DRIBBLING
DRIBBLE WHILE ALTERNATING GOING DOWN ON LEFT & RIGHT KNEE (ELBOW UP)
DRIBBLE WITH SKATES (SKATE-TO-SKATE, STICK-TO-SKATES)
GIVE-AND-TAKE, CUP THE PUCK WITH TOE AND PULL BACK
FAKE SHOT /OR/ PASS AND DRAW WIDE
DIAGONAL DRIBBLING
DRIBBLE WHILE SKATING BACKWARD, FORWARD-BACKWARD & BACKWARD-FORWARD
SPINS/ TIGHT TURNS (LEFT & RIGHT), ON KNEES SPIN 360 DEGREES
CROSSOVERS (TWO STEPS LEFT, TWO STEPS RIGHT) OR LEFT AND RIGHT
CHANGE-OF-PACE/ TEMPO (FAST-SLOW OR SLOW-FAST)
STICK FAKE OVER THE PUCK
SURROUND THE PUCK: SKATE AROUND THE PUCK ALWAYS ON THE FOREHAND
JUMP LINES AND CONTROL THE PUCK/ SOMERSAULTS, LOG ROLLS-CONTROL THE PUCK
SHARP HEEL TURNS (PARALLEL SKATES)
ZIG-ZAG SKATING WITH PUCK
STOP AND GO FAKES
ONE HAND CARRY THROUGH NEUTRAL ZONE
ONE SKATE JUMPS (ONE SKATE ON THE ICE, JUMP FROM SKATE-TO-SKATE)
SHOOT-THE-DUCK AND CONTROL THE PUCK (SQUAT DOWN ON ONE SKATE, OTHER SKATE STRAIGHT OUT IN FRONT)
SIDE-STEPS WITH PUCK (LEFT AND RIGHT)
STICKHANDLE WITH TWO PUCKS (ONE ON STICK AND OTHER WITH SKATES)
UNRHYTHMICAL DRIBBLING (PUCK ON SIDE AWAY FROM SUPPORT LEG)
STICKHANDLE WITH WRONG HAND (LEFT-HANDER DRIBBLES LIKE RIGHTHANDER, VICE-VERSA)
DRIBBLE PUCK IN THE AIR
PUCK THROUGH LEGS AND BEHIND BACK
BODY PART FAKES (HEAD, SHOULDERS, EYES, BODY LEAN, SKATE FAKES)

PASSING IN PAIRS

SIDE-BY-SIDE
FORWARD & BACKWARD
WEAVE
BOARD PASS
TWO PUCKS AT SAME TIME

FAKE PASS
TOUCH PASSING
LIFT/ AERIAL PASSING
LOOP-DROP PASS-SHOOTING, ETC.
LOOK-OFF PASS (LOOK OTHER WAY)