



**Juhani
Wahlsten**

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Das **ABC** des internationalen Eishockey



B2 - 2 on 1 Pass in Front of Toes – Pro

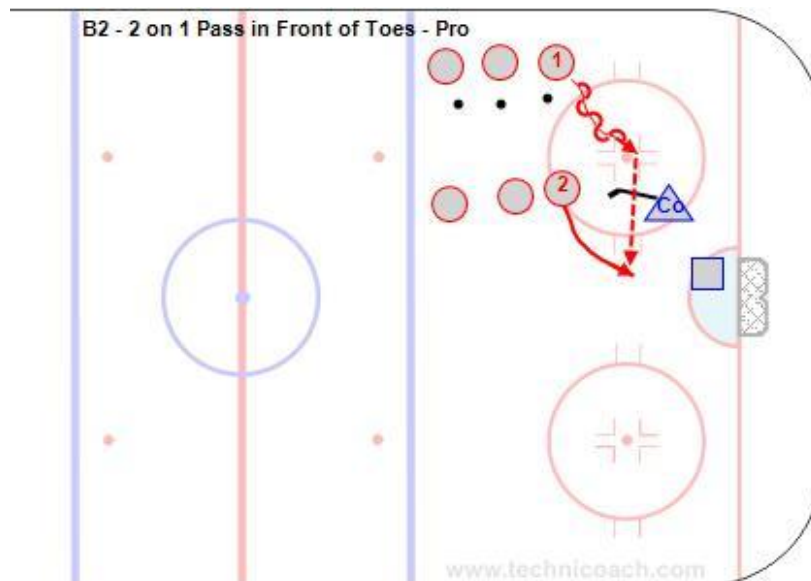
Key Points:

Forehand pass when possible. Pass in front of the defenders toe caps behind his stick.

Description:

1. Start with a coach defending then use players.
2. 1 skate outside and 2 skate to the net and 3 defend.
3. 1 pass on the forehand (if possible) to 2 and follow the pass.
4. Make the pass between the stick and the skates.
5. 2 shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140904104222128>



A1 Going Back for a Loose Puck

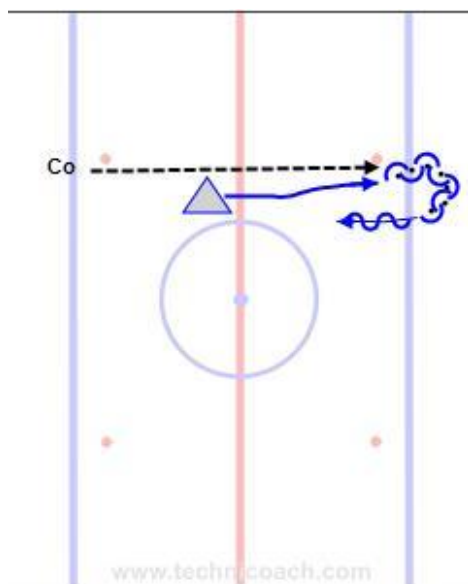
Key Points:

Head on a swivel looking before you get the puck. Line up the puck and pick it up as you start turning.

Description:

When a player goes back for a loose puck they need to shoulder check to see where the open ice is. They should turn just as they are getting to the loose puck and have it on the stick as they are turning as opposed to getting the puck and then turning. The coach is a former NHL defenseman.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130819152329449>



A1 Introduction to Balance on Ice and the Sideway Motion of Skating

Key Points:

We walk and run with a front to back movement of our legs. Skating is a foreign movement because it is side to side. Gaston uses balls and pucks to introduce beginners to the side to side weight transfer. Dr. Gaston Schaeffer introduces this unnatural movement along with proper skating posture with a sequence of exercises using balls, pucks, hurdles, etc. The entire sequence is shown on the video cards in the Hockey Coaching ABC practice video folder on the site. It is with older players and the new video at the bottom is young players with the balls and pucks. (big guy in red and white is Dany Heatley when he was playing for Wisconsin) The video cards are at.

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=36&page=1>

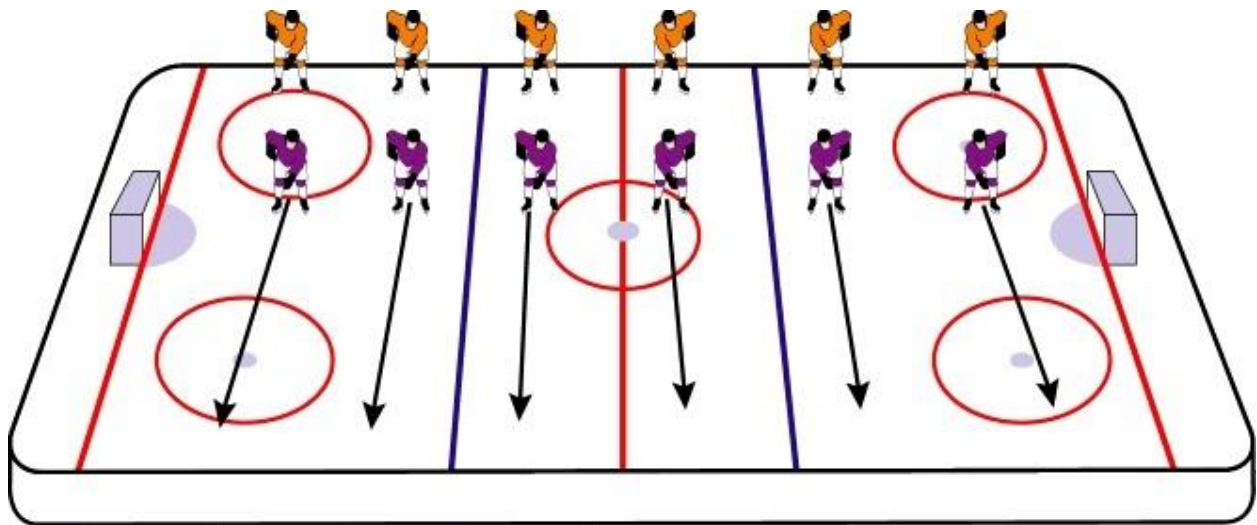
Description:

- Walk across the ice.
- While standing on the same spot, try and bend the body in all possible positions.
- Walk to a puck, bend over, pick up the puck, return to starting point and repeat.
- While standing try to stand on 1 foot, then the other.
- Walk and then glide on 2 feet.
- Take a puck in your hand and throw it ahead of you; go to it; pick it up and repeat the exercise until you have crossed the width of the rink.
- Walk on the ice.
- The coach spreads pucks all around on the other side of the ice. Walk to where the pucks are, by stepping over the sticks laid on the ice. See how many pucks you can collect.
- Put hurdles on the ice (24-28"/60-70 cm in height) get the skaters to pass under hurdles to go and collect the pucks (this forces them to bend the knees).
- Combine the going over the sticks and under the hurdles, to provide a new challenge.
- Introduce the tennis ball. Start by having skaters pass the ball from hand to hand while walking across the width of the arena.
- Try to do the same thing while skating backwards for a short period of time (to prevent boredom and frustration).
 - Develop the glide by trying to pass the ball from hand to hand as you stride.
- Introduce the bouncing of the ball while walking or gliding across the ice.
- Skate across the ice skating under and over hurdles of different height ranging from 4-28"/10-70 cm.
- Skate backwards by passing the ball from hand to hand.
- Skate backwards by trying to move a puck between your feet.
- Skate forward by passing a puck between your feet.
- Skate forward passing the puck between your feet and the ball from hand to hand. • Skate while passing the puck from 1 foot to the other.
- Skate while bouncing the ball from hand to hand at the same time as you move from 1 foot to the other.
- Skate, passing the ball from hand to hand as you skate from 1 foot to the other.
- Skate, passing the puck between the feet and the ball from hand to hand while skating forward.
- Same exercise as above but backwards.
- Put up some hurdles – try to jump over (4"/10 cm) some and slide under others (16"/40 cm).
- To increase the level of difficulty, add low hurdles, asking the skaters to first step over them while bouncing the ball on the ice.
- Spread pucks around the ice – the players move around the ice and pick up the pucks by bending their knees and keeping a straight back. They then put the pucks into the puck bag. This activity works on the

proper skating posture and balance.

- Skate forward and hop over a low hurdle then, as quickly as possible, turn around and catch the ball thrown by a teammate or coaching assistant.
- Same as above but upon landing turn around in the opposite direction.
- Skate forward and hop over the hurdle, then fall in a roll – get up, turn around and catch the ball.
- Same exercise but the other direction (turning around the other way).
- Jump over a hurdle, crouch under the next hurdle then do a slalom around 5 pylons on 1 foot, then jump over the last hurdle and catch the ball as you jump.
- Repeat the same exercise but doing the slalom on the opposite foot.
- Skate forward and stop – as you stop, you will catch the ball thrown to you at the same time as the command.
- Skate backwards – at the command turn around as your the partner throws the ball for you to catch.
- Same exercise but turn around the other way.

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A2 Forward Stride Mechanics Taught by Dr. Gaston Schaeffer

Key Points:

Be in a balanced position with a good knee bend. Use as much blade as possible. To start fall forward and push back the first few strides and then skate with a sideways push. The arms move opposite the legs in a back and forth motion never causing the upper body to over rotate. Lead with the head up and chest forward.

Description:

I have put together various videos of Dr. Gaston Schaeffer teaching skating. Gaston has a Doctorate in Body Mechanics and taught at University in Switzerland where he was the Swiss figure skating Champion and followed that being feature skater for Ice Capades and Holiday on Ice where he toured the world. He met his wife while touring and they had a girl and a boy. Gaston was the Olympic figure skating coach for Switzerland as well as in charge of fitness for their speed skating team. He worked with Juhani Wahlsten in Davos when Juuso was coaching there.

Gaston Junior demonstrates the forward stride. He is one of the most powerful skaters I have seen. He suffered a major injury at 18 and stopped playing but his technique is perfect.

The video goes in this order.

1. Gaston talking about the mechanics of the forward stride while I film him on my deck.
2. Gaston and his son doing an on ice demonstration with Gaston describing the important points of the stride.
3. Gaston leads a group through a forward skating and balance warm up.
4. Gaston teaching that group the mechanics of the forward stride starting with the long stride first, then the start and the medium length stride.
5. Gaston leading a U17 skills group. Dany Heatley came and skated with them that day. He had just won the NHL Rookie of the Year. He came as a favour to me to say hi and skate about 15 minutes but because we did transition games all practice he stayed and played and did the skating as well (he has a black sweatsuit and hat on).

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110425003603435>

A2 Gaston Forward and Back Skating and Transition Turn

Key Points:

Be in a strong athletic position with the knees bent, seat down, shoulders no farther forward than the knees and the head up. The skating stride starts with a fall and about 3 forward pushes and then it is a sideways motion. When skating backwards stride sideways and don't turn the heel to the inside. Replace the Mohawk turn with the much more efficient Transition Turn.

Description:

Gaston Schaeffer leads a group of 12-14 year old girls and boys. They cover:

1. Forward long stride.
2. Forward medium stride.
3. Quick start.
4. Basic backward stride and starting.
5. Transition turn from front to back that is much more efficient than the Mohawk Turn.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110419134723920>

There are other videos of Gaston teaching turning, stopping and these strides. Gaston talks about the skating stride.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072311322256> and demonstrates

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723113220687>

Picture is of Gaston and Gaston Jr. At a hockey camp in Winfield B.C.



A2 Russian Puck-Handling Warm-up with Shots

Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

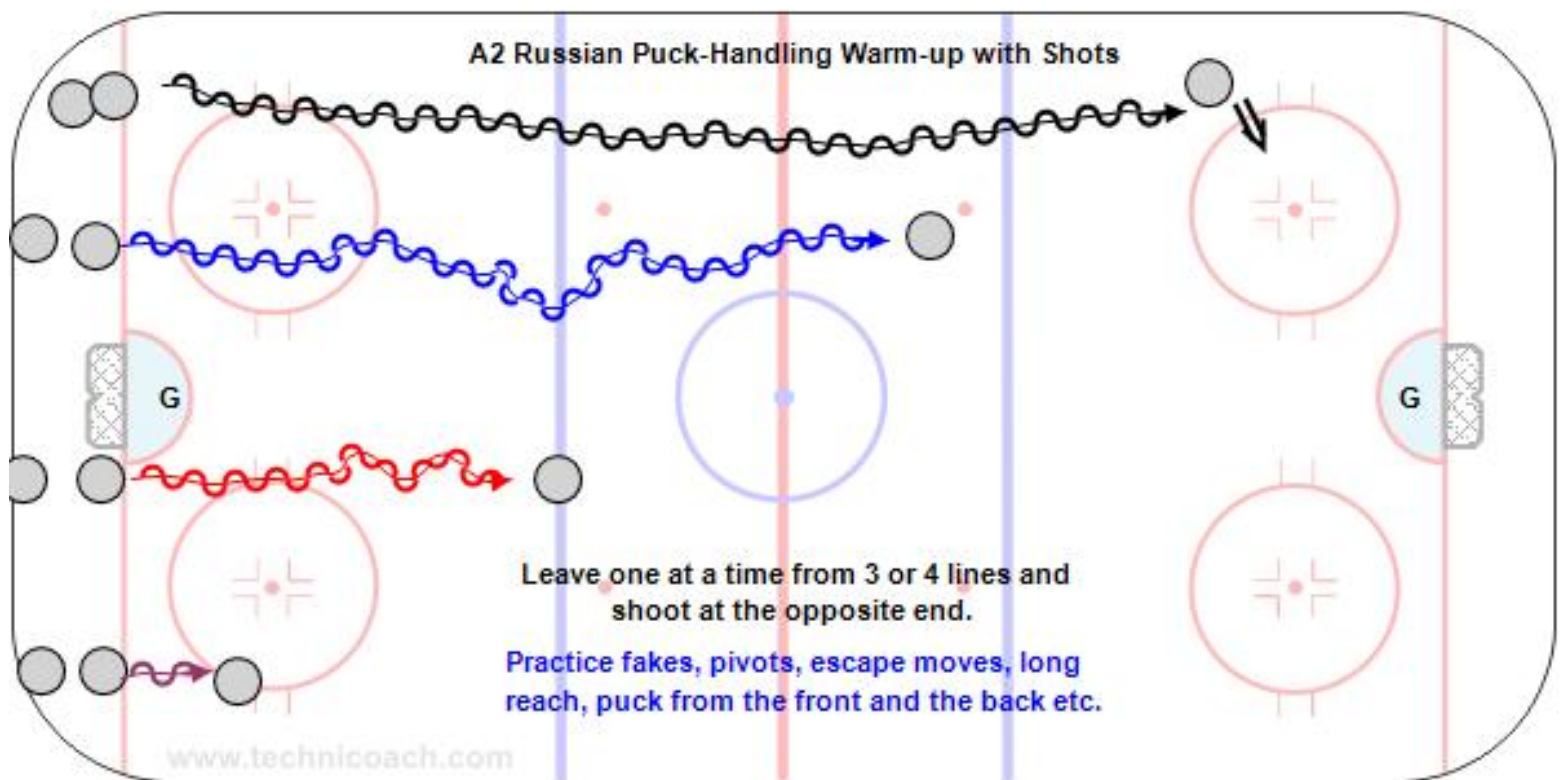
This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.
- . Go one way then the other and do a different skill each time.
- Reach forward while down on 1 knee, reach back as far as you can.
- Give the puck forward and take it back with the toe of the stick.
- Place hands close together and reach sideways each way as far as possible.
- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.
- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.
- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.
- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.

- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
- Put the puck behind you and pass it up into your skates from 1 side, then the other.
- Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
- Reach back on the forehand, then quickly pull the puck across your body.
- Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
- Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
- Pivot a complete circle to the left and then to the right.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

*All of these fakes are demonstrated in the <http://hockeycoachingabcs.com> video section on puck handling.
(Vladimir Jursinov)



A2 Skating Edges – Pro

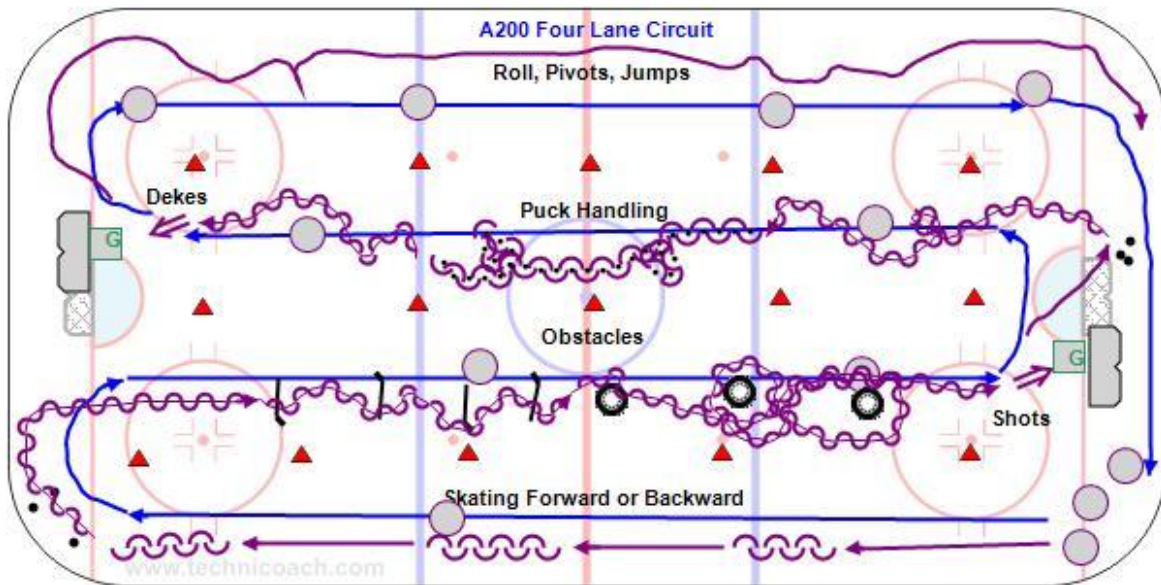
Key Points:

To be able to use all of the edges for power and balance.

Description:

Pro prospects are shown the various exercises to use the edges and skate one lane and back from diagonal corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812185145906>



A2 Transition Turn Forward to Backward

Key Points:

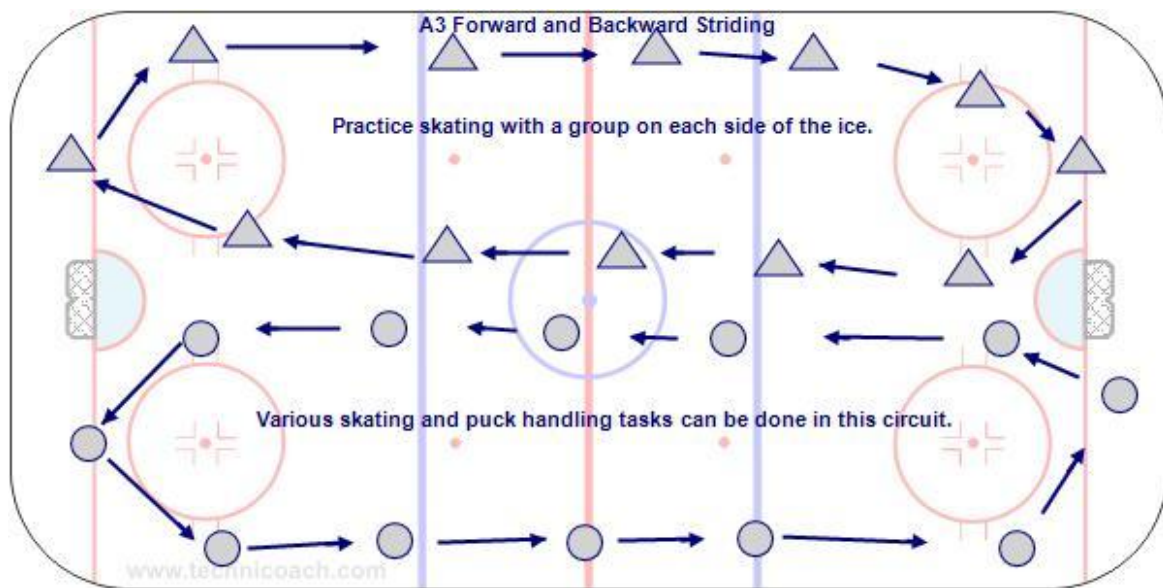
Practice turning from front to back and don't lose any speed. This turn is smooth with a minimum of crossovers.

Description:

Gaston Schaeffer teaches an efficient transition turn from forward to backward. The benefit of this pivot is that the player keeps the skating momentum.

If skating to the right the weight is on the right leg and the left skate goes behind at an angle to the turn, the player transfers the weight to the left leg and does a crossover.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110421072659315>



A4 - Skating Skills 4 Lanes – Pro

Key Points:

Practice all of the edges and the stride both forward and backward.

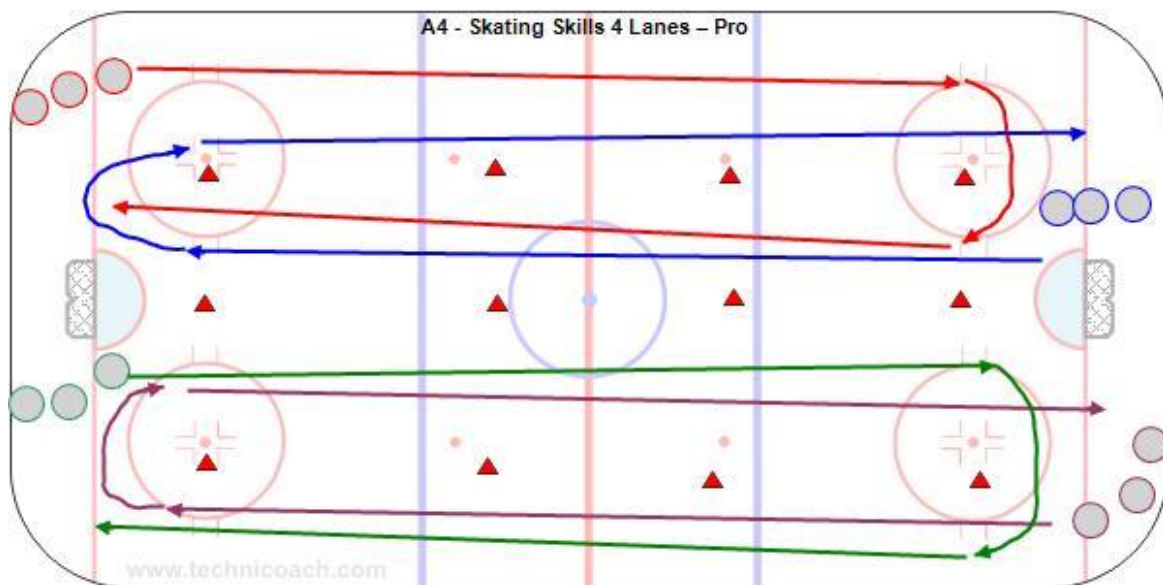
Description:

Divide the ice into 4 lanes with a group going down and back on the outside and middle lane on each half. Introduce a new skill after each down and back.

Description:

1. Stride in an arc on the inside edges.
2. Cross-over with big strides on the outside edges.
3. Both legs at once on the inside edges and cross under to the outside edges.
4. Alternate sides with the heel to heel slide in an arc each way then add a stride.
5. Skate backward with a glide on the inside edges.
6. Backward step-over's to the outside edges and glide.
7. Quick backward step-over's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812185145906>



A200 - Puck Handling – Pro

Key Points:

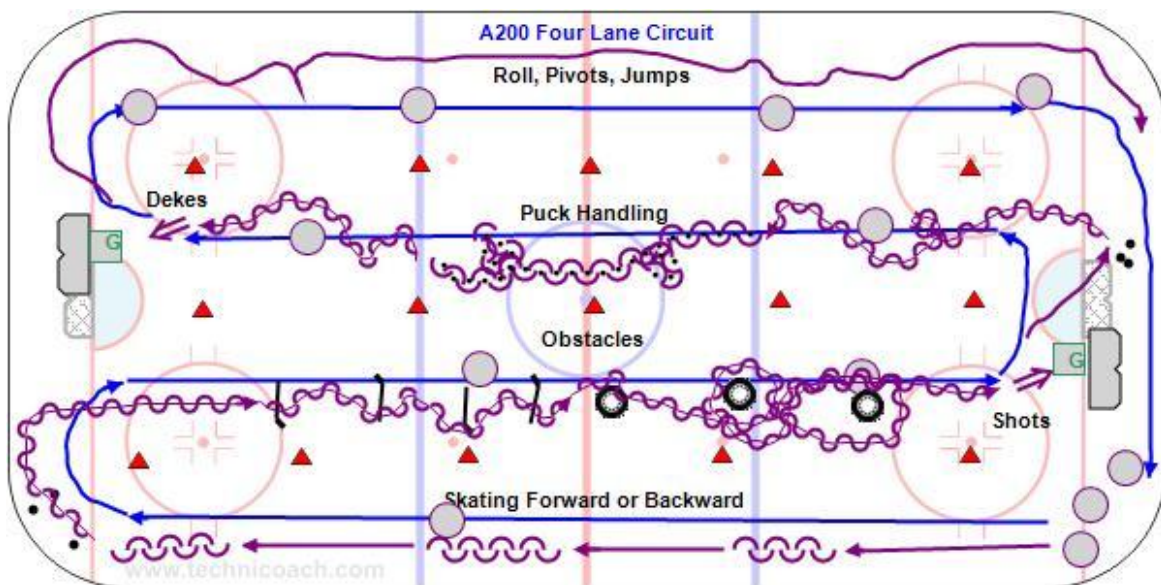
Handle the puck all around the body. Loosen the shoulders and roll the wrists. Stick handle quietly and softly. You must be able to move the puck side to side, so the stick is too long if you cannot do this and too short if you are too bent over to see up ice. Separate the movement of the upper and lower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

Refer to the Russian Big Moves postings for more exercises, especially with Jursinov and Yashin.

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A200 Four Lane Circuit

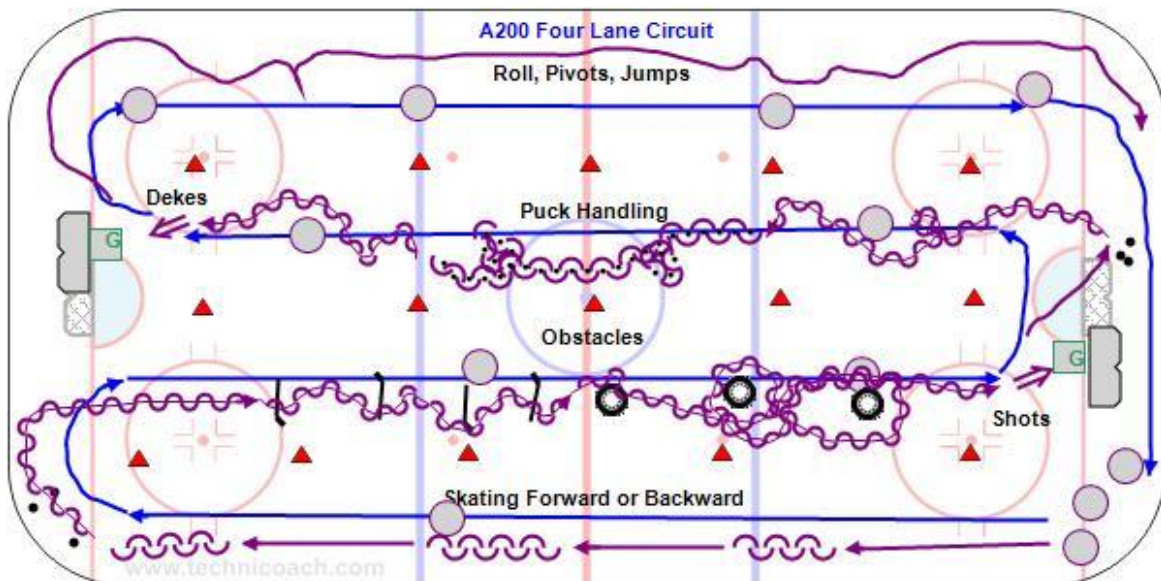
Key Points:

Practice skills down the lanes. Incorporate passes, shots, moves, dekes, obstacles, different pivots, jumps, multiple pucks, balls etc. This is a Howie Meeker circuit and is a great way to practice skills with large groups and use the ice efficiently.

Description:

1. Set up four lanes up and down the rink.
2. Each lane has a different task.
3. Each lane could have a shot at the end.
4. Ideal for skills or for a Mission Impossible Game. (any level can play Mission Impossible)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120921090355591>



Mission Impossible:

Mission Impossible was the most popular activity I ran in schools. The pictures are from a Kindergarten to ninth grade school, 5-14 year olds. All classes did it. We set up an obstacle course with the equipment in the gym. The kid's got 8 minutes to get to the end. Any failure and they have to start again. There was complete silence because the scenario was that they are trying to escape from a prison of war camp. Half the students were guards and half prisoners. If they touched the floor anywhere but safe places, knocked anything over, made a loud noise, were touched by a snake (dangling ropes), fell off the raft and into the acid moat (off the scooter and touch the floor) etc. They had to ring the bell at the top of the rope to finish. I built in areas where cooperation was needed to pass through.

At noon they all played together and there are pics with them in the regular clothes.

This same idea can be used at hockey practice by making a progressively more difficult circuit requiring individual or partner work.

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A200 Puck Handling Circuit

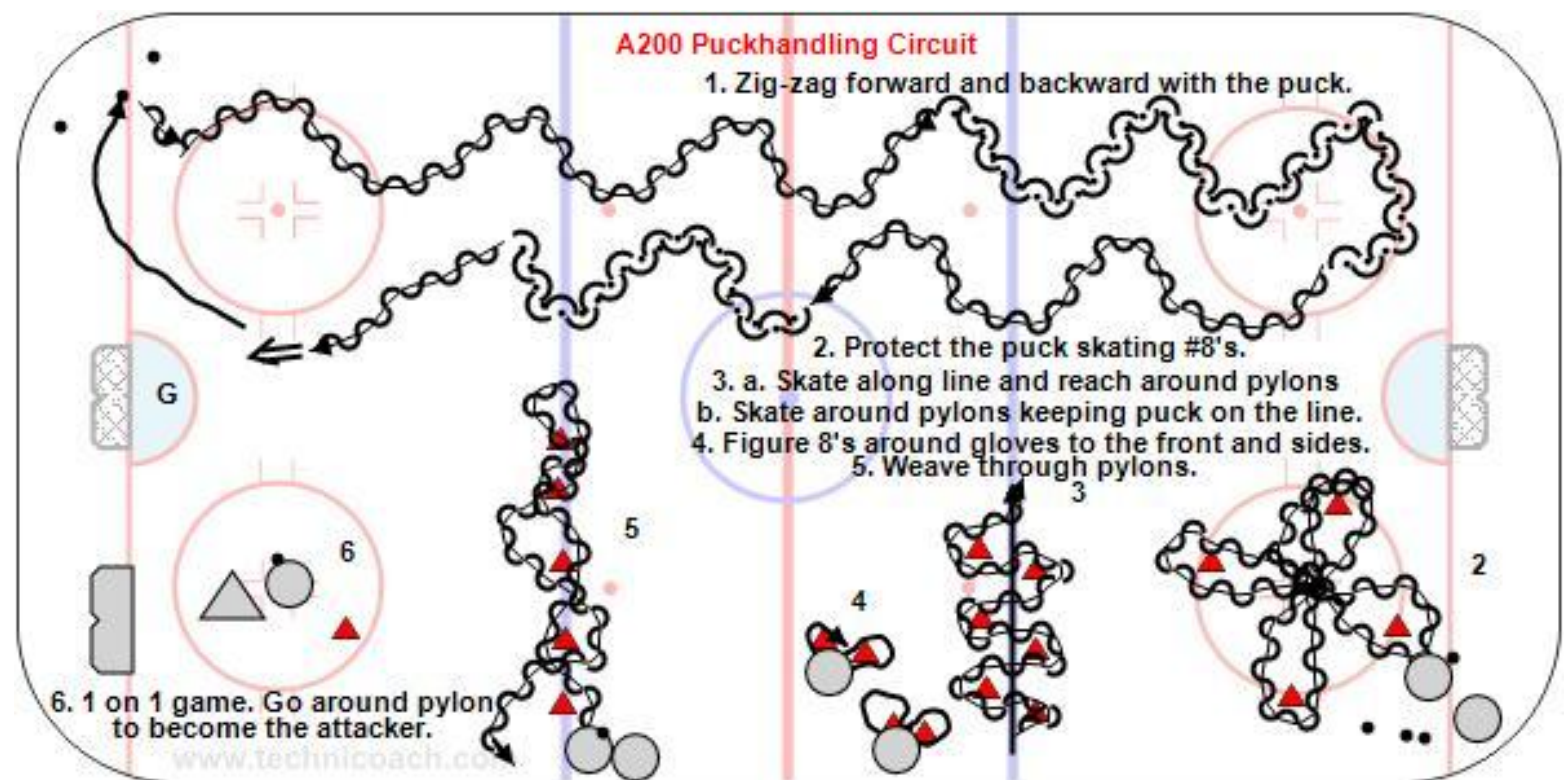
Key Points:

Protect the puck with the body. Develop big moves all around the body and thru the legs to shield the puck. Learn to pivot and make quick turns and backward escapes.

Description:

1. Zig-zag forward and backward with the puck.
2. Protect the puck skating #8's.
3. a. Skate along line and reach around pylons.
b. Skate around pylons keeping puck on the line.
4. Figure 8's around gloves to the front and sides.
5. Weave through pylons.
6. 1 on 1 game. Go around pylon to become the attacker.
7. Partners work inside the circle and protect the puck from each other for 10".

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A200 Puck Protection Circuit

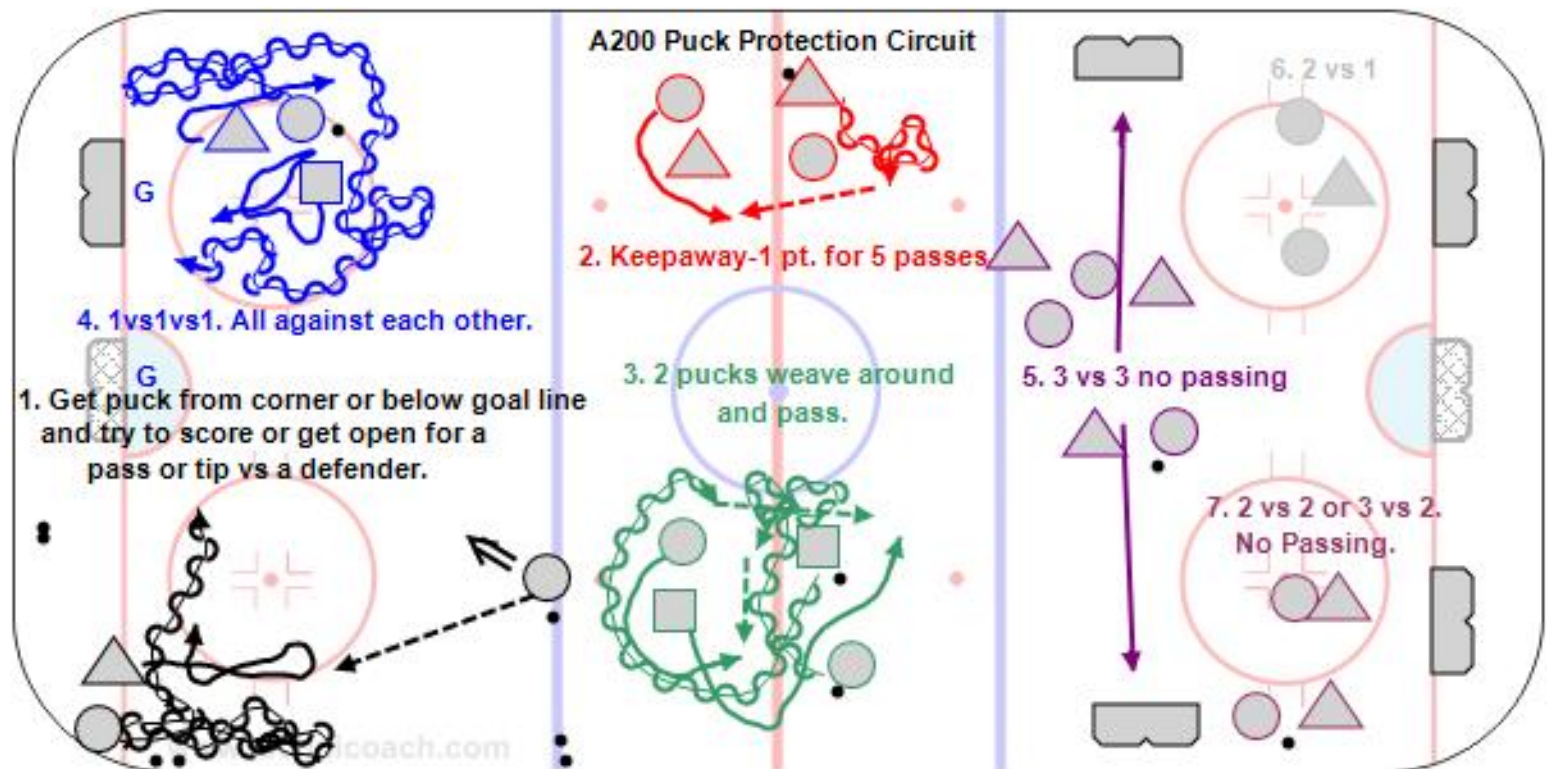
Key Points:

Shield the puck with the body. Use quick turns, head and body fakes, pivots, escape moves to gain the offensive side and score. Keep the stick free to receive passes and tip shots.

Description:

1. Get puck from corner or below goal line and try to score or get open for a pass or tip vs a defender.
2. Keepaway-1 pt. for 5 passes.
3. 2 pucks weave around and pass. No Passing.
4. 1vs1vs1. All against each other.
5. 3 vs 3 no passing.
6. 2 vs 1
7. 2 vs 2 or 3 vs 2.

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A200 Russian Olympic Coach Teaches Puck Handling

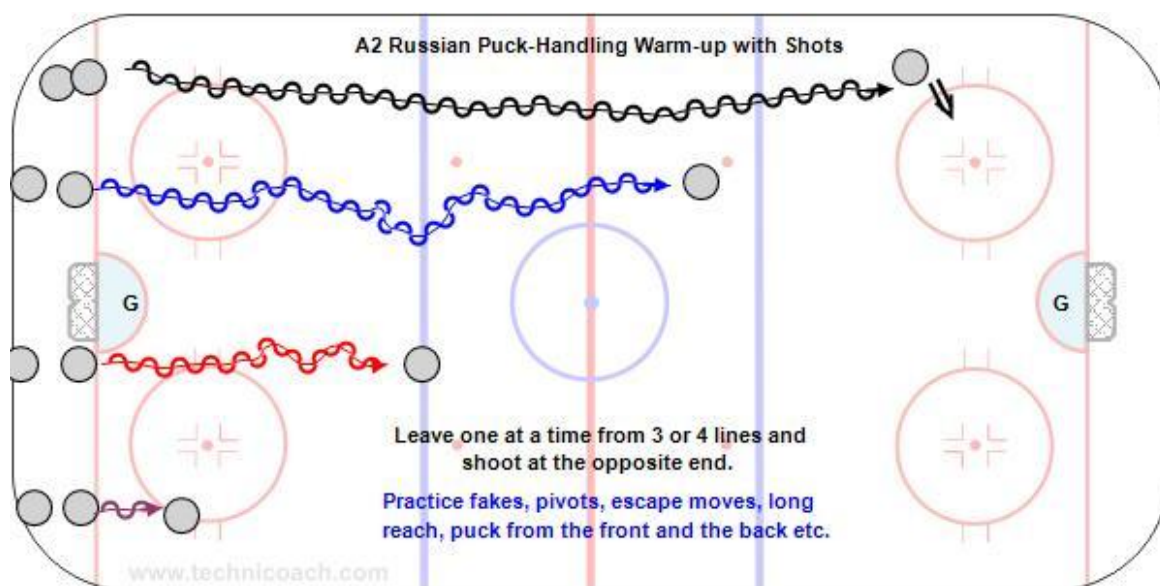
Key Points:

Make hard fakes and sell them to the defender. Separate the movement of the upper and lower body. Create puck handling sequences that flow together. Learn to use the forehand and the backhand and have loose shoulders and the hands away from the body. Don't over handle the puck.

Description:

- A. Warm-up with backward cross-over skating and reach with the stick in a balanced position.
 - B. Practice moves and fakes while skating down the ice and finish with a shot on net.
1. Fake the slapshot with a convincing fake and finish with the stick hitting the ice.
 2. Fake the slapshot and accelerate around the defender on the forehand.
 3. Fake the slapshot and move like you are going around on the forehand but quickly pull the puck across to the backhand.
 4. Fake a backhand pass or shot and rotate the body in a convincing manner.
 5. Fake the backhand and pull the puck across to the forehand.
 6. Fake the slapshot and pull the puck to the backhand, fake a backhand and pull the puck to the forehand.
 7. Fake a wrist shot and spin on the backhand.
 8. Fake a wrist shot and spin to the forehand.
 9. Fake a backhand shot-across to the forehand then fake a wrist shot and across to the backhand.
 10. Combine the moves.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130321101649551>



A200 Skating Warm-up for Edges and Balance with a Puck and Shot

Key Points:

Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises with a puck.

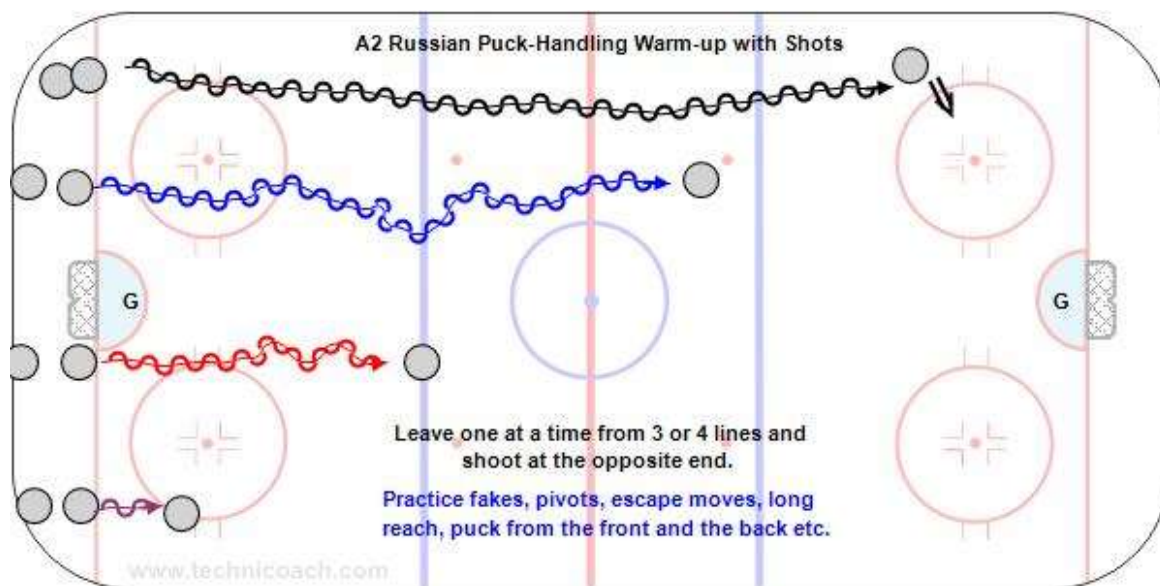
Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.

Repeat the same sequence but skate Backward.

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A200 Variable Goal Training - Skating and Puckhandling

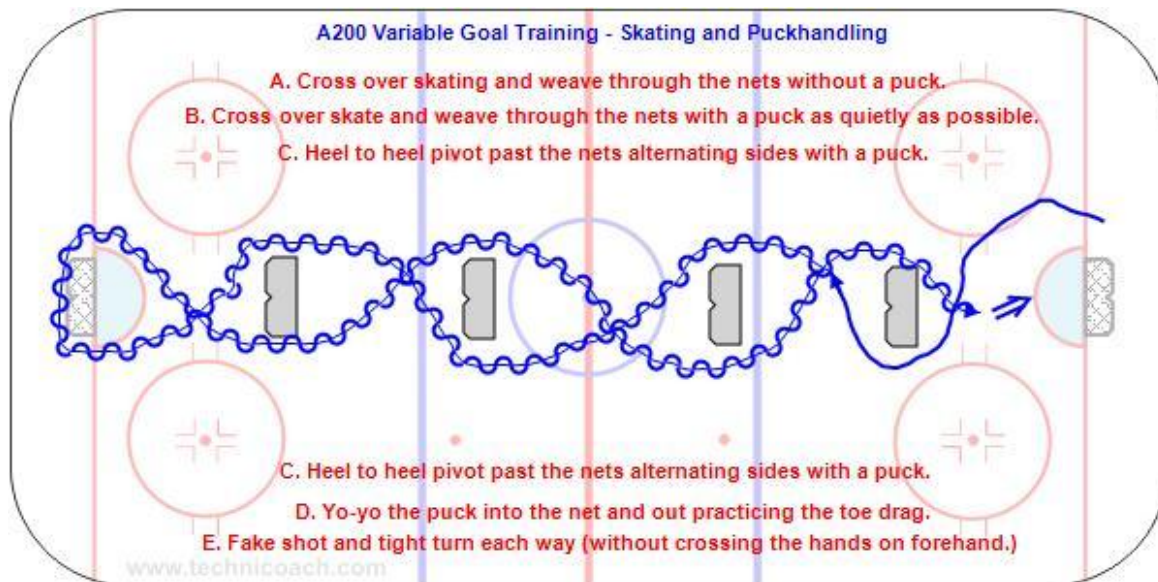
Key Points:

Simulate a defender by using small nets as obstacles. The player skates around and carries the puck using various moves and fakes. Any move can be practiced and the nets are a much larger obstacle than pylons. Focus on good technique.

Description:

1. Put 4 nets as obstacles down the length of the ice.
2. Player does various skating and puck handling exercises and finish with a shot. Start slowly focusing on technique and then add speed and different skills around each net.
3. The video example shows.
 - A. Cross over skating and weave through the nets without a puck.
 - B. Cross over skate and weave through the nets with a puck as quietly as possible.
 - C. Heel to heel pivot past the nets alternating sides with a puck.
 - D. Yo-yo the puck into the net and out practicing the toe drag.
 - E. Fake shot and tight turn each way (without crossing the hands on forehand.)

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A300 Individual Puck Handling Practice

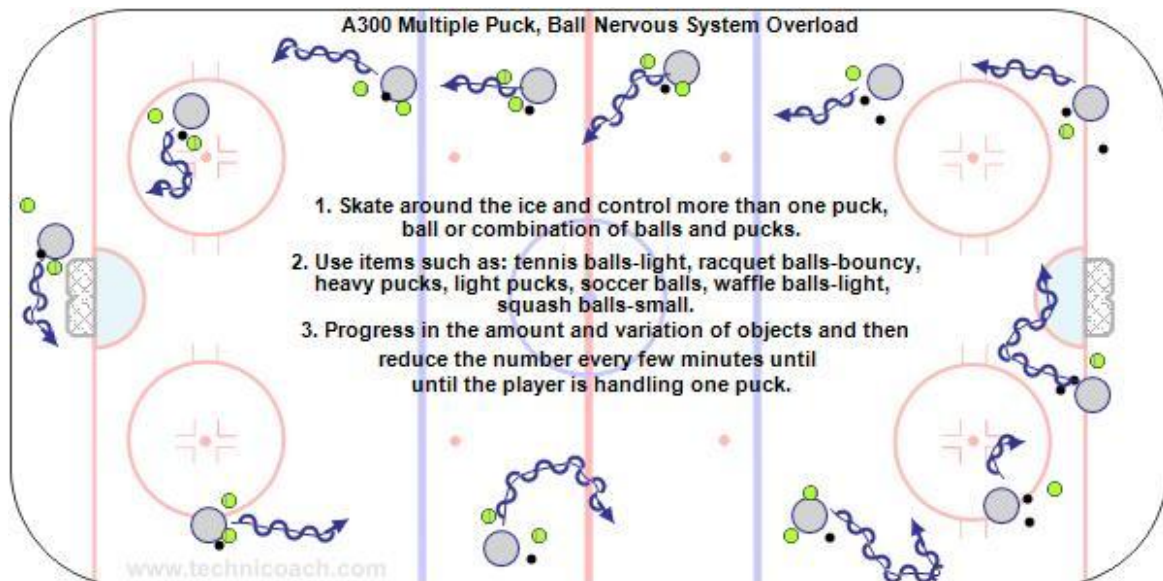
Key Points:

Use multiple pucks and balls to overload the nervous system and control them all around the body. With one puck over extend to increase your reach. Separate the movement of the upper and lower body, loosen the shoulders and use head and shoulder fakes. Practice moving the puck from the stick to the skates and back, as well as controlling the puck from in front and behind.

Description:

1. Handle two or three pucks at once never letting them get more than a stick length away.
2. Reach with one hand as far back and forward as possible.
3. Slalom to the right and reach with the puck to the left and visa-versa in order to separate the movement of the upper and lower body.
4. Repeat the same thing but this time skate and power away from the puck.
5. Move the puck from the stick to the inside and outside skate edges and back.
6. Bring the puck thru the skates on the forehand and backhand.
7. Hands close together and legs wide apart and use head and shoulder fakes.
8. Toe drag and move to the forehand and the backhand.
9. Fake a slapshot and accelerate to the forehand and backhand.
10. Handle two or three different kinds of balls around the body. i.e. tennis, racquet, hockey, Keep the balls within a stick length and under control.

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A300 Skating and Skill Circuit – U18

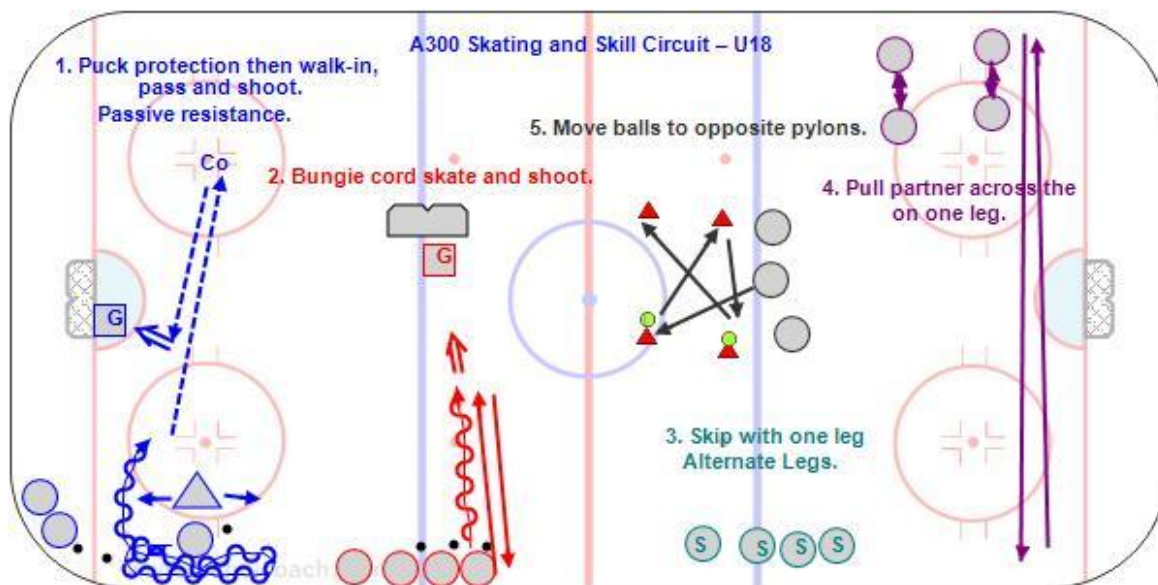
Key Points:

Players move from station to station and do skating, shooting and puck protection skills.

Description:

1. Puck protection then walk-in, pass and shoot. Passive resistance.
2. Bungee cord skate and shoot.
3. Skip on one leg and alternate legs.
4. Pull partner across the ice on one leg.
5. Move balls to opposite pylons.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120818090223405>



B2 - Static Fakes - Give-Go-Give-Shoot – Pro

Key Points:

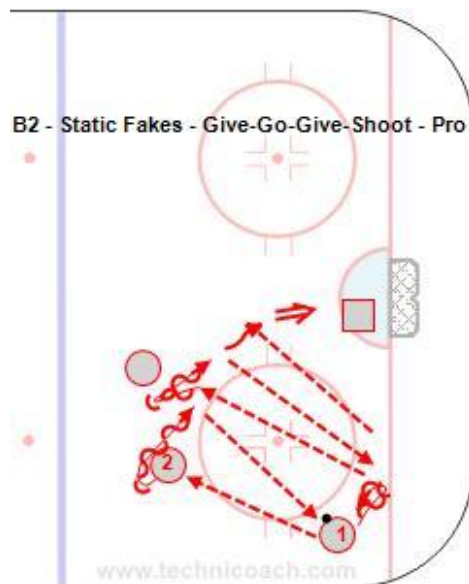
Use head, shoulder, stick, skate fakes when you get the puck standing still.

Description:

1. Coach or player #1 make hard fakes and pass to 2.
2. #2 make hard fakes each way and return pass.
3. Repeat 1 to 2.
4. After the first or second rep 2 go to the net and for a pass from 1 and shoot.
5. Be creative with the passes. Forehand, backhand, off the boards.

* Key is to always move and make the defender commit to one direction then cut back.

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B500 Individual Skills

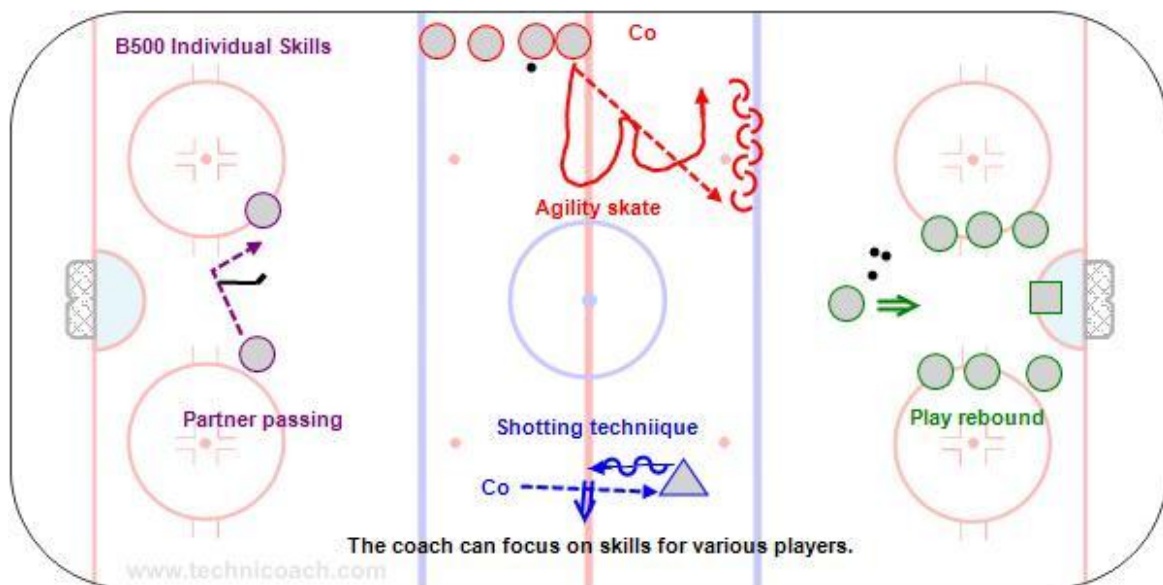
Key Points:

Divide the ice into stations and practice individual technique. The coach can focus on skills for various players.

Description:

1. Coach pass to defenseman who moves and shoots at the red stripe on the boards.
2. Player agility skate with turns and pivots then get a pass.
3. Saucer pass with a partner.
4. Play rebound with the goalie.

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B - Individual Skills Post Practice 1 – Detroit

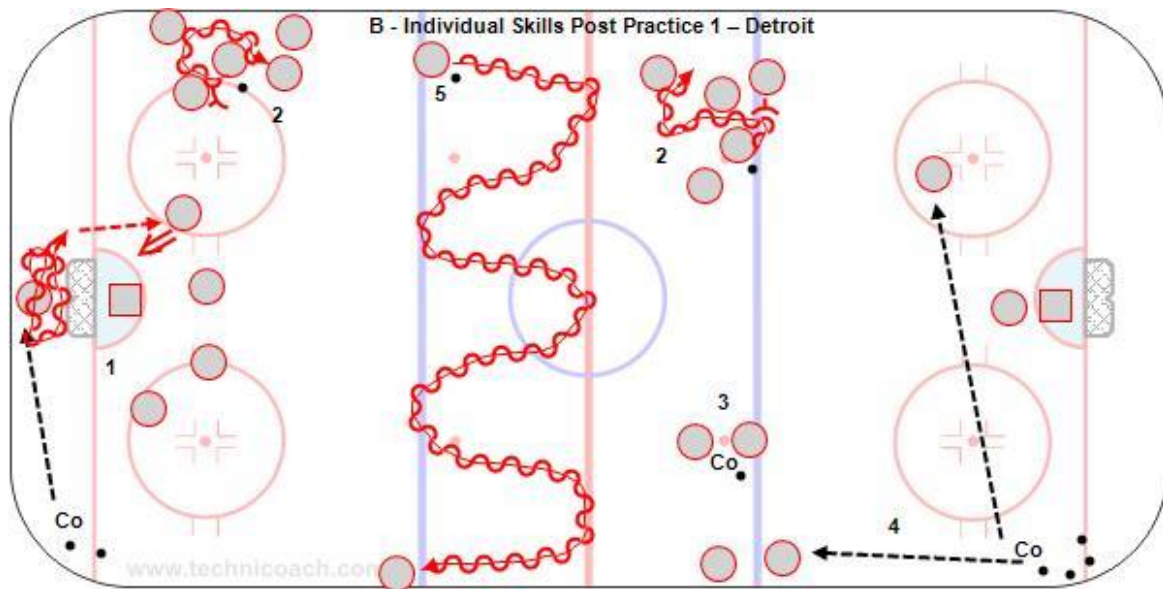
Key Points:

Work on individual technique in groups. Find a space on the ice that doesn't interfere with other players and you can practice the skill.

Description:

- 1 – Goalie practice – the coach pass to a player behind the net who makes fakes while the goalie practices looking over his shoulder. Pass out front for a one timer.
- 2 – Groups of 4 or 5 players play keep-away starting along the boards protecting the puck. Keep moving into the group with the puck while the other players poke check.
- 3 – Practice taking face-offs at a neutral zone face-off dot.
- 4 – Coach pass from the corner to the point while one player screens and tip in front and then pass across to the far dot for a shot.
- 5 – Zig-zag across the ice from the blue line to the red line in the neutral zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140811102551141>



B - Individual Skills Post Practice 2 – Detroit

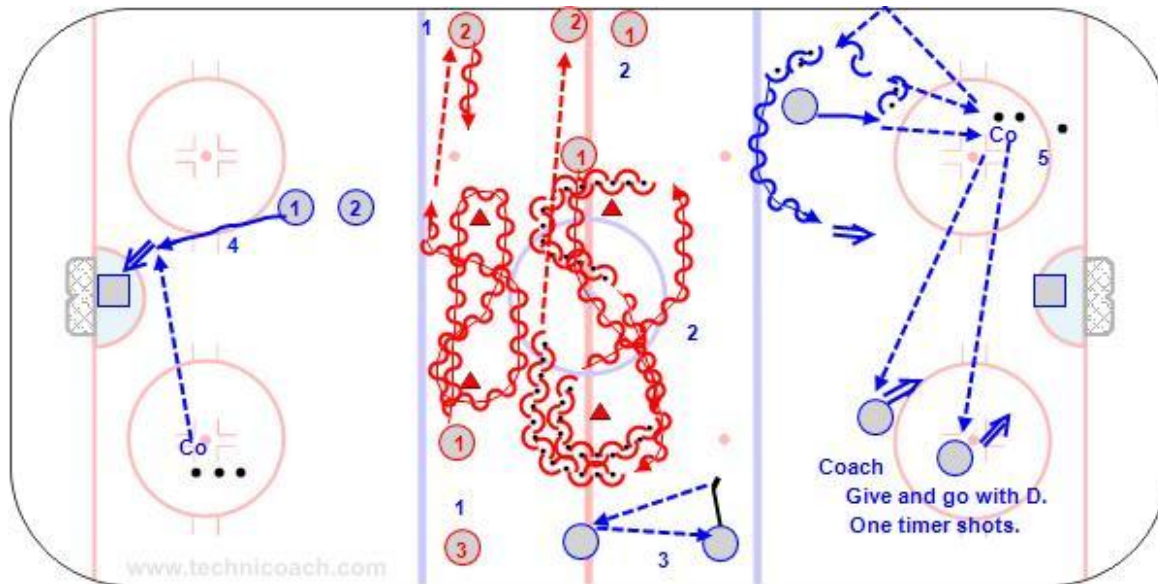
Key Points:

On backhand receptions, keep the stick blade square to the puck and hands away from the body. Follow through at the target on passes and shots. Play in the triple threat position.

Description:

- 1 – Figure 8 relay across the neutral zone with a pass at each end.
- 2 – Figure 8 agility skate with one pass.
- 3 – Receiving backhand passes with a partner.
- 4 – One touch shot while skating.
- 5 – Defense agility skate and shoot the forwards take a one timer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140812093013227>



B - Passing – Receiving Skills

A – Passing and Receiving Technique – Sweden

A - Sweep Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014021118365543>

A - Sweep Pass 2 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140212161520829>

A - Quick Passing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140211183356746>

A - Backhand Passing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140218170935769>

A - Snap Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140220170235275>

B500 - Receiving Passes with Hand, Body, Skate – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140304171021406>

B500 - 360 Degree Passing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201403041706067>

A - Flip Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140306170416592>

A - Board Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140306170211475>

Passing-Receiving Technique Drills

[A300 One Touch Warm-up - Slovakia U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204085926671>

[B2 Pass x 3 Shoot U22](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201091807144>

[B3 Partner Passing Technique - Finnish U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012112609115613>

[B3 Partner Passing – U15](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720235041115>

[B3-D2 Partner Pass - Keepaway - 1-1 Game - U18F](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130822134328480>

[B6 Swedish Puck Exchange – U18F](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120315092804984>

[B6 Italian Box-One Touch 2-0 - Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101006085709474>

[B6 3-0 With Multiple Pucks](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=454&topic=454#454>

[B202 Chaos Passing - Kazakstan Women](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012082310383134>

[B202 - Regroup 1-0, 2-0 Pass Options – Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201092546814>

[B202 Nzone Regroup 1-0 and 2-0 - Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080849924>

[B202 Pass to All Players – U18F](#)

http://www.hockeycoachingabcs.com/filemgmt_data/B202%20Pass%20to%20All%20Players.3gp

B202 - 3 on 0 Neutral Zone Passes - Pro

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155459550>

B202 Luhowy Puckhandling and Passing Circuit – U22F

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072023504376>

B300 - One Touch Monkey in the Middle - Finland U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120411094000243>

B300 Monkey in the Middle vs 1 and 2 - Russian U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120410094022848>

B300 Optional Practice Skills – Finnish U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120305093524642>

B300 Three Player Around the Clock- U18F

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120218083539387>

B300 Tschumi Around the Clock One Touch Passing – U18F

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=90>

B500 - Partner Wrist Passes - Czech U17

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121231222118851>

B500 3 Spoke Passing - Czech U17

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012123116313799>

B500 Passing Technique from Swedish Coach

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100416075633158>

B500 One Touch Passing Drill with 3 players

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130521102432764>

B500 Individual Skills - Pro

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823205113460>

B500 Passing Technique – Finland Pro

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20100408080620970>

[B500 Reijo Passing Routine](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100406095642161>

[B600 Regroup Passing Drills - Slovakia U20 -2](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120329131407565>

Passing Games

[D1 One Pass in Each Zone – U14](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>

[D1 Shinny – Russian U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120302093038534>

[D1 Full Ice All Play](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6598&topic=6598#6598>

[D100 Pro 4-4 Tournament](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130824182500255>

[D1 Two Second Game - One Goalie - U14](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110612133904232>

[D100 Game with One Goalie - Alternate Ends](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=474&topic=474#474>

[D100 15 Goal Game](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=266&topic=266#266>

[D100 Two Second Game](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1409&topic=1409#1409>

[D4 - Jokers Behind the Net - U18F](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120425092815856>

[D5 - Games of Two Pass with Jokers – U15](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111021093048709>

[D100 Scrimmage Full Ice – Alternate Ends](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130216093006572>

[D200 with Jokers in the Middle - German U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20110827123618880>

[D4 Two Pass – Swiss U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120313082015545>

[D4 One Pass One Second - Russian U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012022209521290>

[D4 Two Pass - Czech Republic U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120104090932478>

[D4 Two Pass Game with only Forehand Passes - U22F](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005184904487>

[D400 Goalies Face Opposite Directions – Austrian u18](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101221142814546>

[D400 Offense from Behind the Net](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4273&topic=4273#4273>

[D500 Nets Back to Back – One Goalie - U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120416224928657>

[T D7 Formation](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=451&topic=451#451>

[D800 Four Games at Once](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=646&topic=646#646>

Becoming a 360 Degree Player:

I went to a seminar yesterday that had video demo's of puck handling. The only problem was that the players had rigid upper bodies and everything was from the forehand side to straight in front. The backhand side was non-existent.

Here are some videos from Europe that show how to develop loose shoulders and the ability to handle the puck all around the body.

This is Vladimir Yursinov's puck handling warm-up demonstrated by Yashin who was the Russian captain and for NHL MVP. Big moves, loose upper body. Yursinov is recognized as the top skills coach in Europe and more than 60 of his former players have moved onto the NHL. Yursi's teams do this at the start of practice as a warm-up. I saw this when he had me run a checking practice as a guest coach for TPS in Finland.

Big Moves Warm-up

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5959&topic=5959#5959>

Yursinov teaching a puck handling sequence to U17-U20 players in Austria.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6370&topic=6370#6370>

Off-ice Puck Handling - Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140707104528484>

A - Puck Handling 360 Degrees – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155619555>

A - Crosby Turn - Crosby with Push – Sweden – Face the play while carrying the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116165253957>

Game Playing Role 1 - Puck Handling

A - Puck Handling Technique - Grip and Side to Side - Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140130173743712>

A - Triple Threat Position – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013018033086>

A - PH - Build a Wall - Cut In – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131160930484>

A - PH - Cut In - Slide Puck in Front of Defenders Skates – SW

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131161425835>

A - PH - Escape Move - Delay With a Cutback – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013116194857>

A - PH - Fake Outside - Pull Across – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013116241734>

A - PH - Fake Shot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013116293358>

A - PH - Race for Loose Pucks - Skating and Stick Fake – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131163616425>

A - PH - Toe Drag or Pull-in – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160847362>

A - Push-out Tight Forehand Turn – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160159747>

A - Puck Handling Big Moves Exercises – Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160017929>

A - Puck Handling 360 Degrees – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155619555>

A - PH - Lift Puck Over the Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155254181>

A - PH - Lacrosse Move – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155101101>

A - PH - Cradel the Puck in Triple Threat – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203154913155>

A - PH - Big Moves All Around the Body – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203154726427>

A - PH - Backspin – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153708983>

A - PH - Backhand Between the Legs – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153534943>

A - Head and Shoulder Fakes Side to Side – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153230609>

[A200 Russian Olympic Coach Teaches Puck Handling](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130321101649551>

[A200 Agility Skate - Pass - Shoot - U18F](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130213105522431>

[A200 Big Moves –Yashin - Russian Warm-up](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>

[A200 Four Lane Circuit - Youth](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120921090355591>

[A200 Variable Goal Training - Skating and Puckhandling - U15F](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012070509240852>

[A200 Skating Warm-up for Edges and Balance with a Puck and Shot – U18F](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005152108885>

[A200 Puck Dog and Pass Dog – U8](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202832196>

[A200 Puck Protection Circuit - Finland](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20100411083310556>

[A200 Puck Handling Circuit - Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100401215401872>

[A200 Chaos Puck Handling - U15B](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722090625893>

[A300 Nervous System Overload for Puck Handling - Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140616121941979>

[A300 Puck Handling vs. Defender Warm-up - U18F](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131125144758323>

[A300 Tight Turns-Three Hard Strides-Shot - U18F](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131124153747585>

[A300 Stickhandle Proprioceptive Overload - Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20130304214004969>

[A300 Puckhandle and Shot-U22](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120924101511351>

[A300 Advanced Puckhandling Moves from Finland](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2008072208280324>

[A300 Big Moves Warm-up - Czech Youth](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100817142158161>

[A300 x 2 Skating and Puck Handling Warm-up with Shots](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121031084114911>

[B3 Puck Handling Moves All Around the Body – U22F](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072219081732>

[B5 Driving the Net from the Corner](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=463&topic=463#463>

[B6 Chaos NZ Overspeed with Regroup - Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109101355159>

[B6 Puck Handling Skills-Zig Zag – U22F](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722082806653>

[B6 Puck Protection and Stick on Puck 1-1 Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817105910820>

B6 Puck Handling Eight Exercises

http://www.hockeycoachingabcs.com/filemgmt_data/B6%20Puck%20Handling%20Eight%20Exercises.3gp

B300 Skill Sequence

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1392&topic=1392#1392>

B500 Puck Protection - Dean

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2656&topic=2656#2656>

B500 Overspeed 2-0 with a Pass – U18F

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>

B500 Swedish Stickhandling in Circles

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100415165806324>

A300 Toe Drag and Finish with a Shot - U22F

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722204541778>

A3-B500 Skills Warm up Routine

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=475&topic=475#475>

Games for Puck Handling - Role One

D - Learning to Play the Game by Playing

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6008&topic=6008#6008>

Games to teach the 4 Game Playing Roles

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=56&topic=56#56>

Modified Rules to 'TEACH THE GAME'

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120924155404927>

D2 King's Court Tournament 1-1 to 5-5

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=544&topic=544#544>

D2 Hand Soccer U18

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120903095848173>

D2 Cross Ice Game – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010041707210734>

D2-4 SAG Variable Pucks and Rules – U10

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130506082228769>

D4 - Goals Must Originate Below Goal Line 1-1 to 6-5

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6467&topic=6467#6467>

D400 Best Player Wins the Game 1 on 1 on 1

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6378&topic=6378#6378>

D4 Baggo - Czech U20

http://www.hockeycoachingabcs.com/filemgmt_data/D4%20Baggo%20-%20Czech%20U20.3gp

D4 Keepaway and Score

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101220072253253>

D5 Keepaway Contests to Practice Skills and Good Habits

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114758734>

D5 Keepaway Contest

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723161228746>

D5 - 3 Small Area Games

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=449&topic=449#449>

D200 Keepaway U22

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120806085000699>

D200 3 on 3 With 3 Pucks – U18F

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201110060922424>

D200 Multiple Puck Games

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525082207197>

D200 3-3 with 3-2-1 Pucks – U18F

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185636266>

D200 Multiple Jokers Each Side – U18F

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20130111153615671>

[D200 Tournament with Three Cross Ice Games](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=647&topic=647#647>

[D100 Two 1 on 1 Games at Once](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140616191427401>

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	FAKE PASS
FORWARD & BACKWARD	TOUCH PASSING
WEAVE	LIFT/ AERIAL PASSING
BOARD PASS	LOOP-DROP PASS-SHOOTING, ETC.
TWO PUCKS AT SAME TIME	LOOK-OFF PASS (LOOK OTHER WAY)

B2 - Defense Individual Skill and Partner Drills – Pro

Key Points:

Defense do a series of drills to practice shooting, passing, hinge, breakout options.

Description:

1. Point shots while moving.
2. Keep the puck in then shoot or pass.
3. Skate to the big ice and pass.
4. Set up shots from the mid point.
5. One D breakout options.
6. D partners hinge and double hinge.

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B5 - Neutral zone Angling

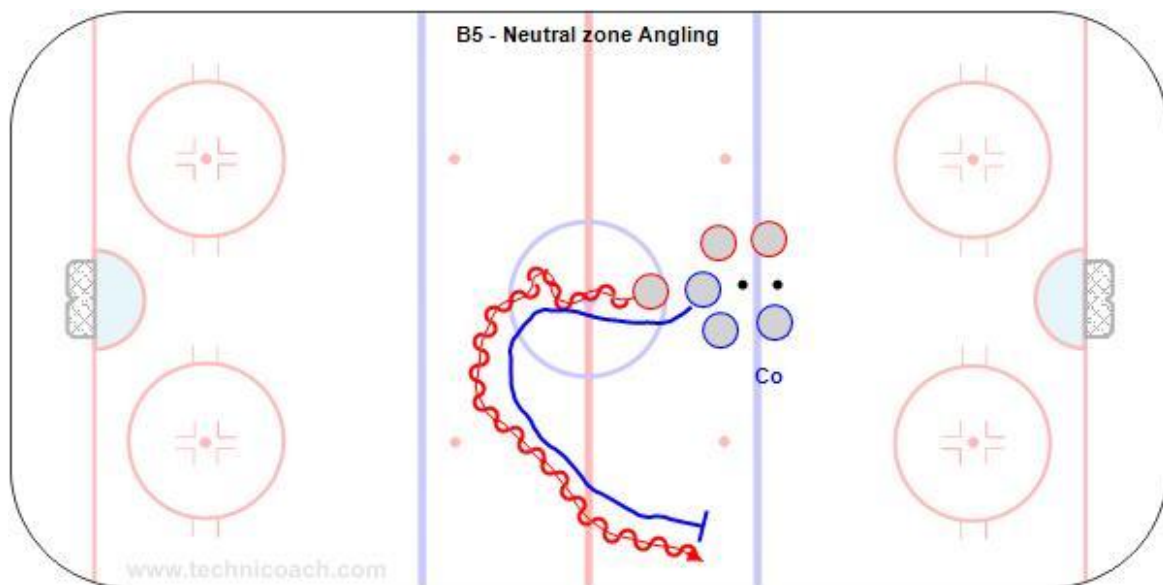
Key Points:

Mirror the attacker from behind. Keep the attacker on the outside, approach toward the inside shoulder with the stick on the puck, shoulder in front and body on body.

Description:

1. Line up in the neutral zone with a defender following an offensive player with the puck.
2. Offensive player make moves and dekes and then turn either way to attack.
3. Defender mirror the offensive player and turn staying on the inside.
4. Defender close the gap by approaching from about a half stick behind at the inside shoulder.
5. Defender keep the stick on the puck and body on body to angle the attacker and take the puck.

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B5 Angling

Checker approach at the back shoulder. Body on body and stick on the puck. Follow from about a half stick length.

B5 Angling

1. Players line up behind the hash marks.
2. Offensive player carry the puck behind the net.
3. Defensive player follow a half stick length behind.
4. Defensive player steer the player, angle and finish with stick on the puck and body on body.
5. Progress from slow and focusing on the steer and angle, then faster, then the offensive player tries to get out of the zone and the defensive player tries to get the puck and score.
6. Practice from each side.



B5 Forecheck Skills Deflect-Steer-Angle-Finish

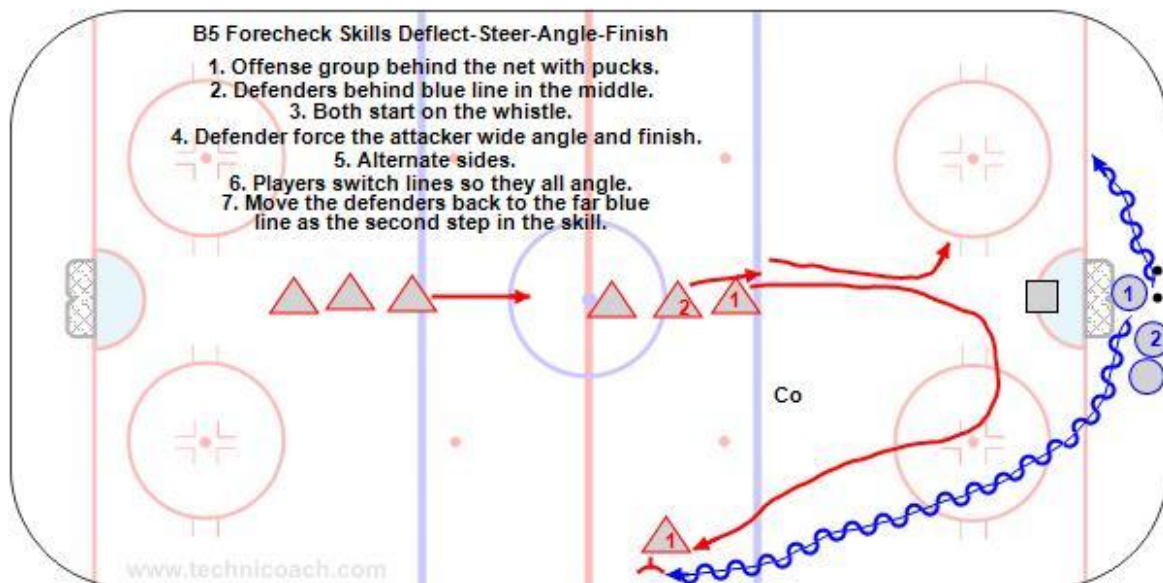
Key Points:

Gene Reilly shows the approach. Cut the ice in half with the stick in the passing lane and steer the player outside the dots. Angle toward the back of the inside shoulder so they can't turn back, then finish shoulder to shoulder and stick on the puck.

Description:

1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step in the skill.

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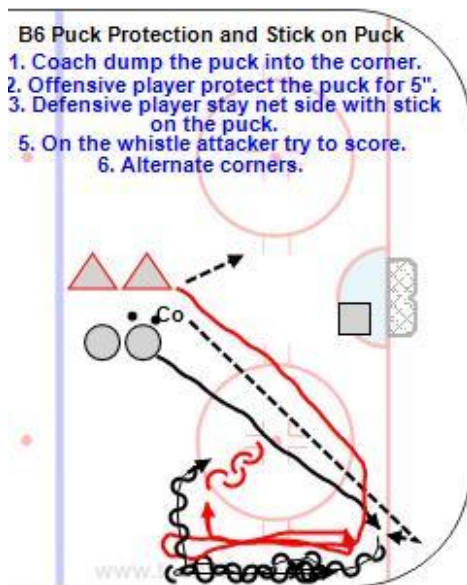
B6 Puck Protection and Stick on Puck

Key Points:

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

Description:

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.



B500 Defensive Drill to Keep the Stick on the Puck – Pro

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B500 Defensive Side with Stick on the Puck

Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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B – Battling and Checking Skills

T - Checking Rules and Ethics – Sw

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A - Tripod Three Point Stance – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314162710670>

B - Hip Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314162940630>

B - Pry Puck Loose Along Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314163150931>

B - Shoulder Check – Sw

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B - Taking a Check on the Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313175050979>

B - Protect Puck on Boards and Escape – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313174922775>

B - Offensive Bumping – Sw

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B - Poke Check

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317153424987>

B - Stick on the Puck – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317153804305>

A - Chip and Spin Escape Move – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151723521>

B - Blocking Shots – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151943862>

B - Open Ice Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152158716>

B - Protect the Puck vs. a Poke Check – Sw

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B - Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152745586>

B - Taking an Angle Check on the Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152953548>

B5 - Neutral zone Angling – Pro

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B - Angling – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144146657>

B - Block Passes with Shaft of Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144359468>

B - Protect Puck with Stick Slap – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144720442>

B - Protect the Puck with Body – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144959789>

B - Front Attacker and Take Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140321145928696>

B2 - Face-off Technique – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201401131524415>



HARJOITUSOHJELMA N:o _____

Harjoituspäivä _____ Paikka _____

Osanottajamäärä _____ Harjoituksen kesto aika _____

Harjoituksen tarkoitus **1. Defending against non-puck carrier**

2. Offensive play in defensive zone

Apuvälineet _____

① Warm up

Defensive skating / shooting

Qualities needed to be expressed:

⇒ keeping your body in the correct direction

⇒ use of the edge of the blade

⇒ use of the stick

② Warm up

Sideways mobility

opening up (hip movement) / crossing over

③ 2 on 1 defence

Qualities needed to be expressed:

⇒ positioning

⇒ mobility / movement

⇒ use of the stick

⇒ reading the play

④ The playing of the man making a screen / rebound

Qualities needed to be expressed:

⇒ Aggressiveness: body contact / forcing the player out

⇒ use of the free hand

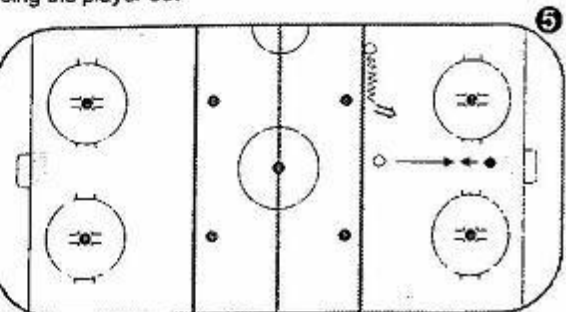
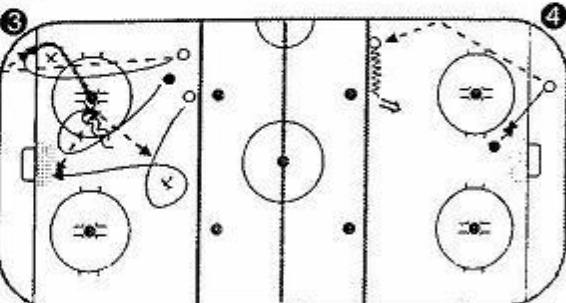
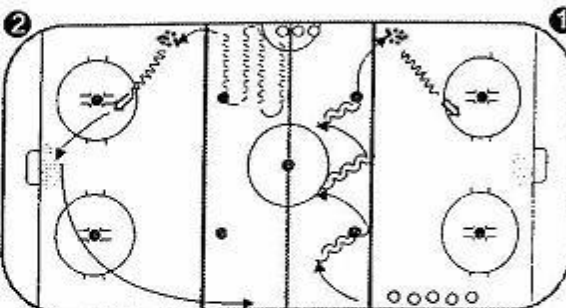
⇒ passing while moving

⇒ use of the stick

⇒ positioning

⑤ The playing of the man making a screen / rebound

Making screen coming from the point



6 7 8 9

**The movement of the player
with the puck in the
defensive zone**

Qualities needed to be expressed:

⇒ quick movement gaining and

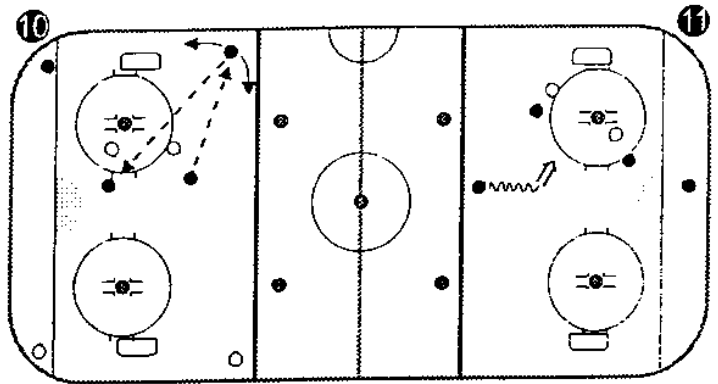
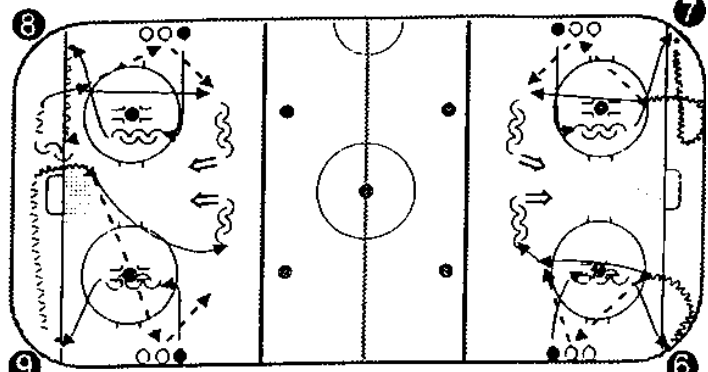
holding your space

⇒ deking

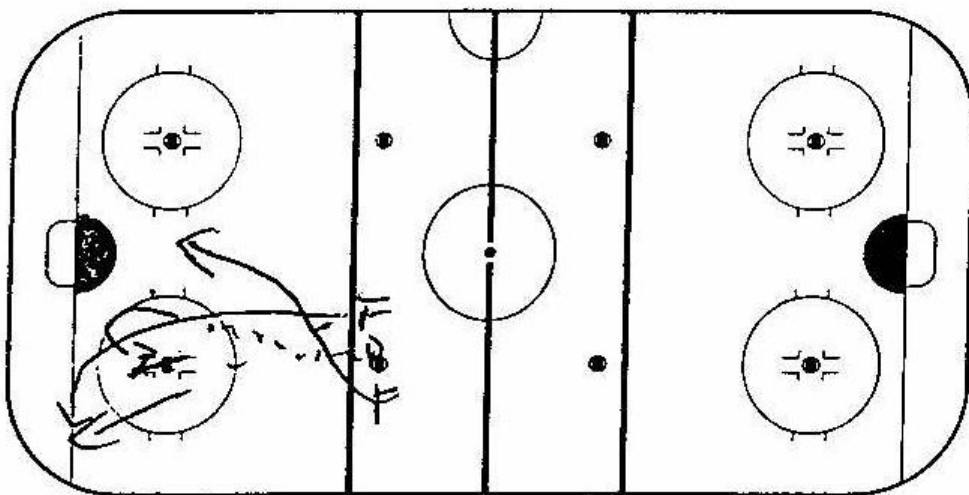
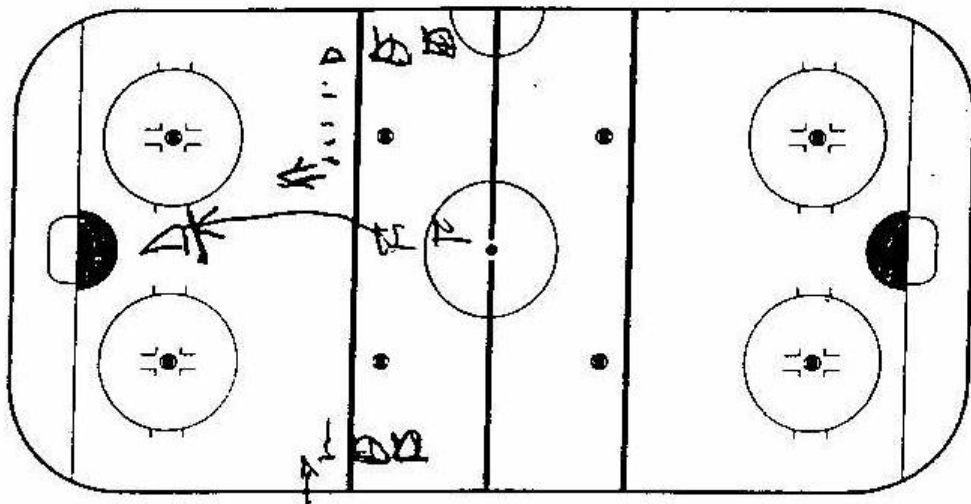
⇒ passing while moving

⇒ making / recieving the pass

⇒ coverage



Box
out
in front
of net
Alternate
sides



2-nd
out of
denn

B Checking from the Defensive Side-Sweden

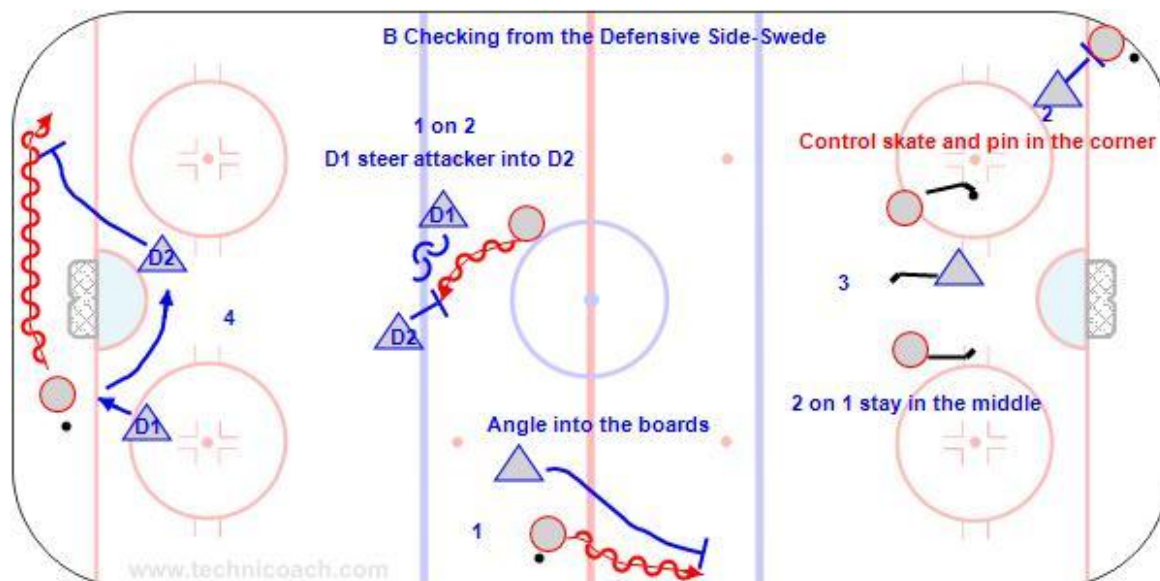
Key Points:

In game playing roles 3 and 4 the player checking the puck carrier and players covering away from the net. Puck always stays between the player and the net. Body on body and stick on the puck is the key concept.

Description:

1. When angling approach at the inside back shoulder then make contact.
2. In the corner approach under control to contain and then make contact.
3. Defend a 2 on 1 from the middle with the stick in the passing lane, Give the goalie the shooter if he is at a bad angle and deny cross pass.
4. Switch if a player goes behind the net with good puck control and no pressure.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720161047124>



"BODY ON BODY AND STICK ON THE PUCK"

This is the phrase that Brad McCrimmon coined when he presented at a Hockey Canada International Coaching Symposium.

I have heard hundreds of presentations but the one McCrimmon gave on playing defense was the best I have ever listened to.

If you follow that rule when checking the puck carrier then you automatically have the proper angle and if your stick is on the puck you automatically 'ELIMINATE HITS TO THE HEAD' as well as high sticking, elbowing, boarding and charging.

Brad was killed along with the rest of his team last season in a plane crash in Russia.

I propose that all of hockey adopt the 'Brad McCrimmon Rule' in his honour and eliminate the unnecessary injuries that are caused by 'Poor Checking Technique.'

This is how we could teach players good technique and make the game a lot safer at the same time.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2083> is a link to the discussion thread on concussions and violence.

C1 Angling in the Wide Lane - Pro

Key Points:

Force the puck carrier up the boards by denying a pass back with the stick and approaching from behind toward the back shoulder.

Description:

1. Players start in a wide lane.
2. Coach pass the puck ahead and P1 skate for the puck while P2 tracks from behind.
3. P2 keeps steer P1 with his stick denying a pass back and approaches from slightly behind.
4. P2 angles P1 toward the boards and approaches at the back shoulder.
5. P2 rubs P1 out with the 'stick on the puck and body on body' skating through the arms with his inside leg in front.
6. P2 takes possession of the loose puck.

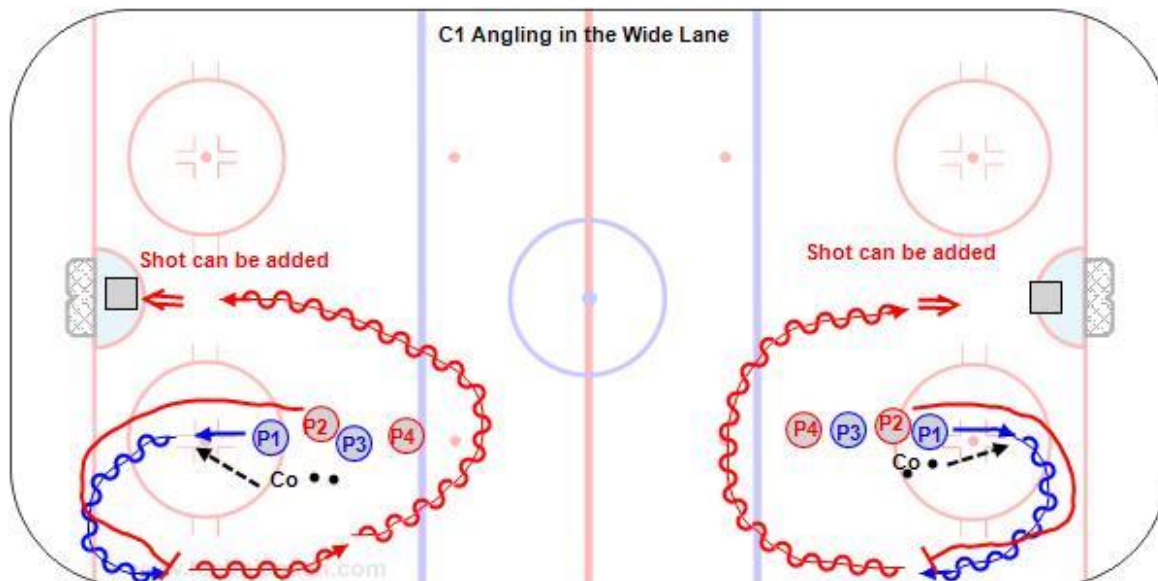
B - Angle Checking - Finland

Video Demonstration of first a defensive angle check where the checker leads with the trailing leg and drives the lead leg between the legs of the attacker. In the offensive angle check the checker skates through the arms of the attacker and lead leg goes in front.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426120111464>

- Option is for P2 to take a shot or progress to a battle drill where either P1 or P2 shoots.

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B5 1-1 Defensive Technique

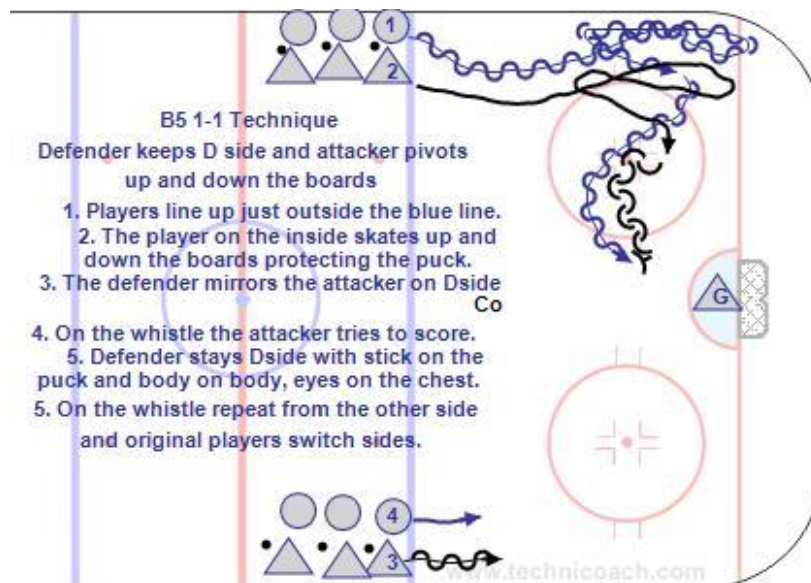
Key Points:

Defender keeps D side and attacker pivots up and down the boards

Description:

1. Players line up just outside the blue line.
2. The player on the inside skates up and down the boards protecting the puck.
3. The defender mirrors the attacker on Dside.
5. Defender stays Dside with stick on the puck and body on body, eyes on the chest.
4. On the whistle the attacker tries to score.
5. On the whistle repeat from the other side and original players switch sides.

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C2 Angling 2-1 Wally

Key Points:

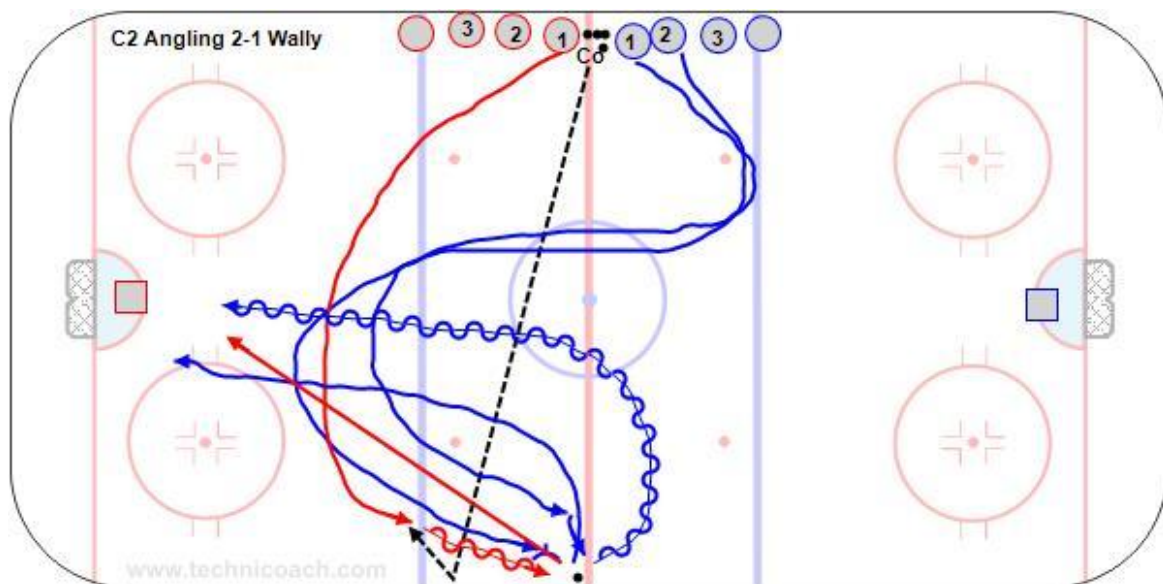
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

** This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.*

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C3 - 2 on 1 Rush D Join - Defender Slide – Pro

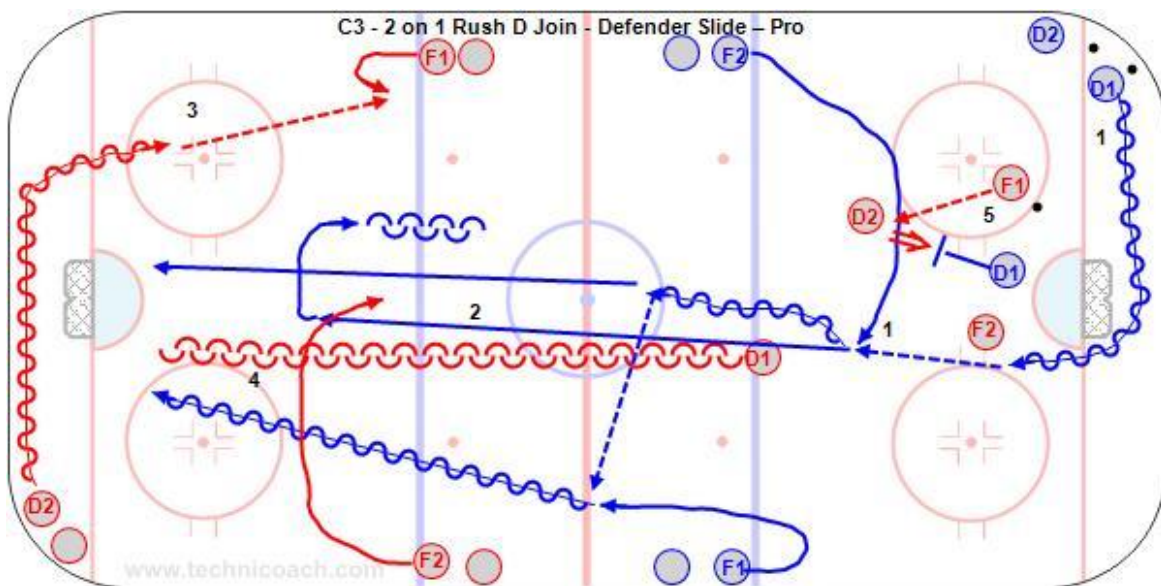
Key Points:

Attack 2 on 1, 'One high one low, one fast one slow.' Offense make the first play early to allow a second play. Forehand passes are the most effective, even when on the off wing (Gretzky did this). Defense delay the play as long as possible to create bad shooting angles and backcheckers to get there. Defense slide outside the post if the attacker is deep. On the 3 on 1 don't slide but stay in the middle, delay the play and jam the trailer if the attack is deep.

Description:

1. D wheel around the net from the corner and pass to F1 or F2 cutting across.
2. D join the attack.
3. Repeat the other way with RD2 passing to RF1-2
4. In this video example the D slides when the attack is deep. They are not passing to the D the first half of the video.
5. Last part of the video they can pass to the D so it is a 3-1 and the D stay on their feet and jam the trailer pass and deny the pass across.

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B - Rejo Defenseman Technique-1

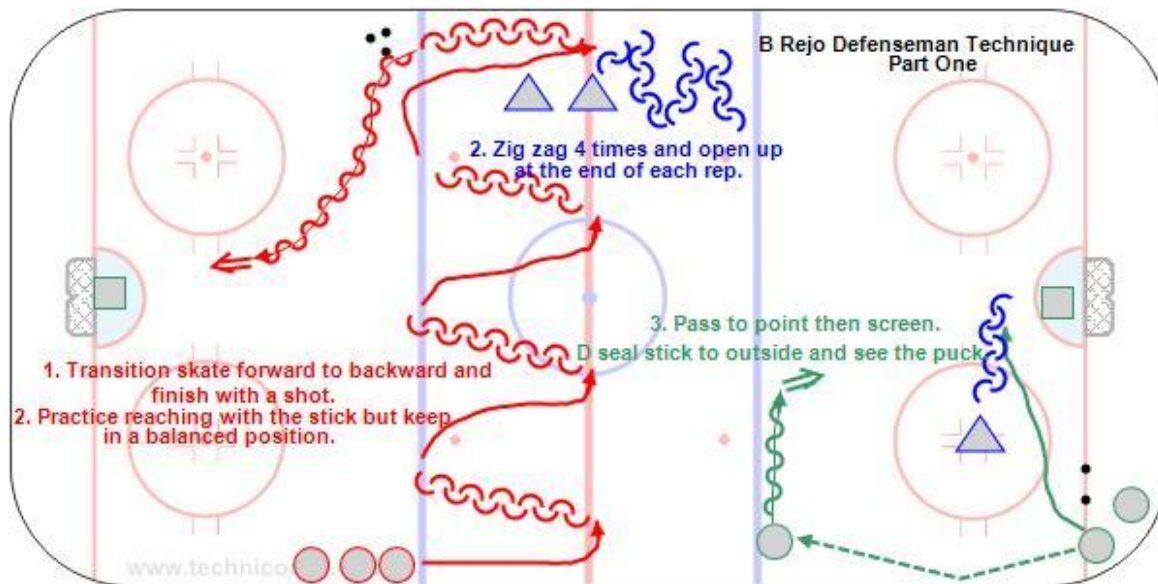
Key Points:

Practice reaching with the stick but keep in a balanced position. Always face the play. Control the attackers stick. Defender move and don't be flat footed.

Description:

1. Transition skate forward to backward and finish with a shot.
2. Zig-zag 4 times and open up at the end of each rep.
3. Pass to point then screen. D seal stick to outside and see the puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072016104973>



D200 Straight on Angling Game

Key Points:

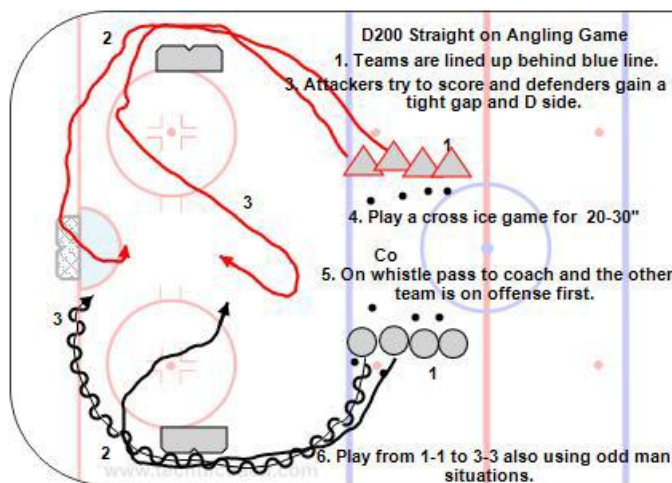
Both teams go behind their net on the whistle.
Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



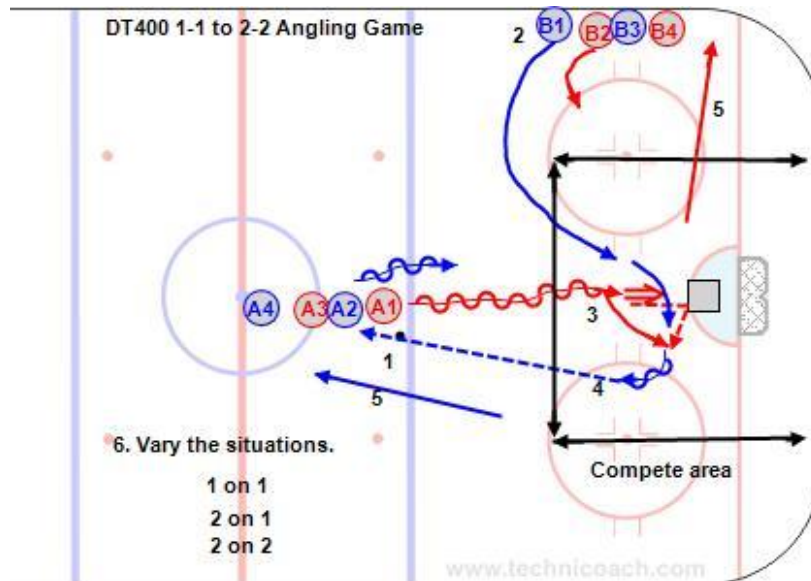
DT400 1-1 to 2-2 Angling Game

Key Points:

Attack with speed and go to the net hard. Defender fight for the defensive side with the stick on the ice.

Description:

1. A1 start at the red line.
2. B1 start against the boards at the top of the circle.
3. Battle until a goal, frozen puck or puck is out of the scoring area.
4. Pass to A2 who attacks vs. B2.
5. Rotate from A-attacker to B-defender.
6. Vary the situations.



T3 Playing a Defensive 2-1

Key Points:

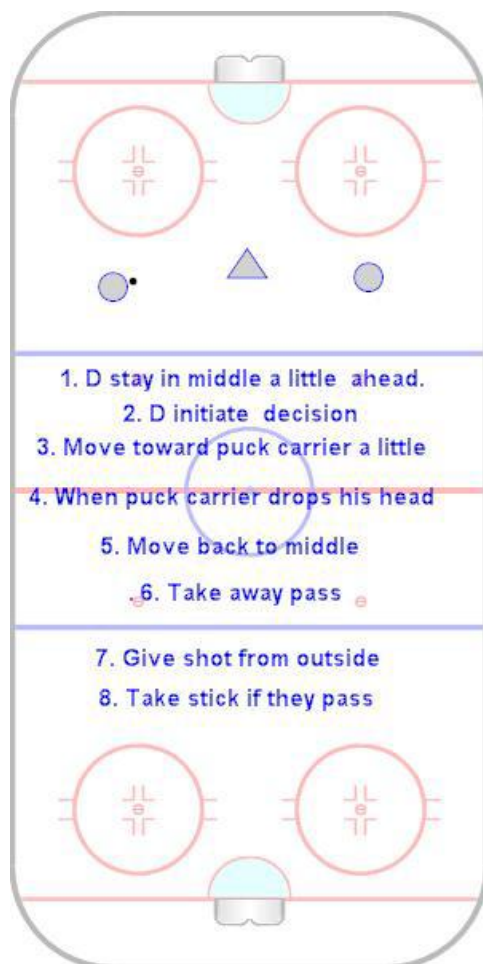
- A 2-1 is really a 2-2 because it is between the two attackers one defender and one goalie. (goalies are people too)
- The defender has to realize that he/she doesn't have to get the puck or make a check but instead recognize the most dangerous play and take that play away.
- Goalie should be saying he has the shooter.

Description;

1. Defender stay in the middle a little ahead of the attack with the stick in the passing lane.
2. Initiate the decision.
3. Move toward the puck carrier a faking you are going there to see if it make him rush and see if he drops his head and throws the puck across (many players panic and do this) then drop back into the middle and block the pass.
4. Deny the pass across and the goalie takes the shooter if he is outside. If the stick is in the inside lane the shooter may be the most dangerous player and you have to play him more.
5. Don't allow the puck carrier to go in alone; cut the ice in half.
6. Take non shooters stick on a shot.

Option: Slide outside the post to deny the pass if the attackers are parallel.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=68>



T1-3 Individual Offensive and Defensive Skill - Video Clips

[T1 - B2 - D Knock Down High Pass-Shoot - Pro](#)

[T1 - B2 - Pass Out One Timer - Follow Thru on One Knee - Pro](#)

[T1 - B2 - Pass Out-Spin and One Timer - Pro](#)

[T1 - B5 - D Breakout Options x 3 - Pro](#)

[T1 - B7 - Face-off Technique - Pro](#)

[T1 - B5 - D Fake-Pivot-Pass x 5 - Pro](#)

[T1 - B5 - D One Touch Lateral Passing-Point Shot - Pro](#)

[T1 - B5 - D Side to Side Point Shots - Pro](#)

[T1 - B6 - Shot Pass from Corner and Tip in Front - Pro](#)

[T1 - B2 - Agility Skate and One Touch Pass - Pro](#)

[T1 - B6 - One Timer-Shot Pass - Pro](#)

[T1 - B2 - D Agility Skate with Point Shot - Pro](#)

[T1 - B5 -One Touch Pass-Shot-Shot from Pass Out - Pro](#)

[T1-3 -B6 - Stick on Puck and Shot Pass - Pro](#)

[T1 - B300 - Walk-out and High Cycle Shots - Pro](#)

[T1 - B Shoot and Score Drills - Pro](#)

[T1 A - Quick Shots off a Pass - Pro](#)

[T1 -A - Puck Handle and Shoot - Pro](#)

[T1 Obstacle Stickhandle x 3 - Shoot - Pro](#)

[T1 B300 Pass x 3 Tight Turn Shoot - Pro](#)

[T1- Agility skate - One Touch x 3 - Pro](#)

T1 - Forehand Quick Shot - Pro

T1 - D Pivot - Quick Up x 2 - Pro

T1 - D Pivot - Set up Behind - Wheel - Pass - Pro

T1 - D Take Rim - Shoot - Jump-in One Timer - Pro

T1 - F Angle Along Boards - Stick on Stick - Pro

T1 - Fake Walk-in - Pass to Front - Pro

T1 - One Touch and One Timer - Pro

T1 - Forward Take Rim Pass - Pro

T1 One Timers, Screen, Tip - Pro

T1 - Skate and One Touch Shot - Detroit

T1 - Cross-overs With Puck - Detroit

T3 - B6 Defending Player Below Goal Line - Pro

T3 - Stick on Stick - Pro

T3 - Cover Point - Down - Detroit

T3 - B5 Defensive Slide on 2-1 – Pro