

## International Ice Hockey Drills – Finland You Tube

A - Puck Handling Big Moves Exercises – Finland

<https://youtu.be/PUCcyDGuYhI>

A2 - Finnish Hockey Skating Pt 1

<https://youtu.be/wWK4KSGzw6o>

A2 - Skating Balance and Agility from Finland

[https://youtu.be/q7Slxhj\\_Oco](https://youtu.be/q7Slxhj_Oco)

A2 - Skating from Finland Pt. 1

<https://youtu.be/iTeaollmmKQ>

A2 - The Forward Skating Stride - Finland Pro

[https://youtu.be/eGz\\_Jllxlqw](https://youtu.be/eGz_Jllxlqw)

A3 - Finnish on ice Puckhandling Skills

[https://youtu.be/UDUZNYGKC\\_g](https://youtu.be/UDUZNYGKC_g)

A3 - Skating for hockey Finland - Pt 3

<https://youtu.be/jPuQF0UinoQ>

A3 - Skating for hockey from Finland Pt. 4

<https://youtu.be/0RSYyuVKNWc>

A200 Puck Handling Circuit - Finland

<https://youtu.be/ukuvfOLL4sl>

A300 - Advanced Puck Handling from Finland - 3

<https://youtu.be/HQBBVoSHB8>

A300 - Advanced Puck Handling from Finland

<https://youtu.be/JQs66NfzyCI>

A300 - Advanced Moves Finland -2

<https://youtu.be/2F609QWQfQs>

A300 - Finnish Skating Skills

<https://youtu.be/C4RBWxMVE54>

A300 - Hockey Skating from Finland Pt 2

<https://youtu.be/yZtYAWGwKlQ>

A300 Skill Circuit Finnish U17

[https://youtu.be/v\\_hQNz4SN7k](https://youtu.be/v_hQNz4SN7k)

A300 Tight Turn circuit - Finland Pro

<https://youtu.be/daWj3eoQ3dM>

B - Angle Checking - Finland

All changes saved.

<https://youtu.be/BvJPu2DAXVQ>

B - Puck Protection and Escape Moves - Finland

<https://youtu.be/M1HUWUcVM4>

B Skill Circuit Finnish U17

<https://youtu.be/P0nslv0zT6w>

B2 One Timer from Point - Finnish U20

<https://youtu.be/yMXqb8Vbw-o>

B3 - 3, 1-1 Defense to Offense - Finland

<https://youtu.be/FfgDIdEk7O0>

B3 Partner Passing - Finnish U20

<https://youtu.be/SCccNy11weY>

B4 Regroup with Coach Support and Shoot - Finland U20

<https://youtu.be/PtGISmr2dDE>

B5 3-0 Breakout-ShootCycle-F or D Shot-Finnish U17

<https://youtu.be/kRwJiljSFLE>

B5 Attack 2-0 Shoot - Cycle - Pass - Shoot Finnish U20

<https://youtu.be/23uLeJgrl4E>

B5 Regroup Options and Shots Finnish U17

<https://youtu.be/a5vzAWDfw6c>

B6 - Puck Protection Skills - Finland

<https://youtu.be/lvv8J3nMgGI>

B300 One Touch Monkey in the Middle - Finnish U20

<https://youtu.be/SAHC6mQsLpw>

B300 Optional Practice Skills – Finnish U20

<https://youtu.be/U80uRGKRobQ>

B500 Face the puck and shoot - Finnish U20

<https://youtu.be/1lI8ilM5OEo>

B600 Breakout 2 F Shots D Point Shot-Finland U20

[https://youtu.be/567GJB\\_Cgpc](https://youtu.be/567GJB_Cgpc)

B600 Continuous 3-1 with 2 F and 1 D - Finland U20

<https://youtu.be/UkAd6vpvNmw>

B600 Diagonal Pass and Regroup - Finnish U20

<https://youtu.be/BzVco7a69d8>

B600 Flow - Breakout - 2 F Shoot - D Point Shot - Finland U20

[https://youtu.be/o\\_FjDNsqPk4](https://youtu.be/o_FjDNsqPk4)

B600 Nzone Passes-Finland U20

[https://youtu.be/\\_v9ie8uG14w](https://youtu.be/_v9ie8uG14w)

B600 Pass up Face Puck and Shoot - Finnish U20

<https://youtu.be/RWXJsMTGNjw>

C2, 5 on 3 BO - 5-2 Rush - Finnish U17

[https://youtu.be/Lqgp-5\\_L0Sk](https://youtu.be/Lqgp-5_L0Sk)

D - Christmas Shinny Finland U17

<https://youtu.be/0paukXxD2aI>

D200 2-2 one Joker on Sides Finnish U17

<https://youtu.be/MVJICf2cCoQ>

F - Finland Off Ice Training

<https://youtu.be/QEdJ3gr4a7Q>

F Sprint Skating - Finnish U20

<https://youtu.be/IMg6XJJIdA>

F1 - Dryland Finnish Puck Handling

<https://youtu.be/Q1rWxRjRdLY>

Finnish U20 Team Practice

[https://youtu.be/jXs\\_IIN6i9U](https://youtu.be/jXs_IIN6i9U)

G 3-0, Triangle Attack Finnish U20

<https://youtu.be/sKTLqL1KCt4>

G Post to Post-Out-Track Rebound - Finnish U20

<https://youtu.be/BjdON9pZBYw>

G Side to Side x 6 Shots - Finnish U20

<https://youtu.be/XGbppSnk0OE>

G-B6 Walk out and Pass Across - Shot - Finnish U20

<https://youtu.be/Plu4ExT-Sms>

O - Dryland Finnish Puck Handling

<https://youtu.be/l2qYqUVERIE>

O - Finnish In Season Off ice exercises for strength and balance

<https://youtu.be/EvVQVUnXVWI>

Skill Circuit Finnish U17

<https://youtu.be/GZcQ90jDzB0>

T - Defenseman Skills 1-1, 2-1 - Finland

<https://youtu.be/x3aU5rcJzpc>

T Jalonen Finnish Youth Practice

[https://youtu.be/pxDqT\\_gMIdY](https://youtu.be/pxDqT_gMIdY)

T1-2 - B Skill Circuit Finnish 2 U17

<https://youtu.be/yY8T1azpDOY>

T1-3 - B6 - Covering 1-1 in front of the net - Finland

<https://youtu.be/DOtAxZBp3HM>

T2-4 Power Play-Penalty Kill - Finnish U20

<https://youtu.be/2LNH8kILTpo>

T-B6 - Covering 1-1 in front of the net - Finland

<https://youtu.be/XXXRkm3juY0>

