

## **Finland Practice Techniques**

*These practices are either done by Finnish players or run by coaches from Finland. They run excellent practices.*

### **A - Skating and Individual Skill**

[A - Skating Programs from Finland and Minnesota](#)

[A2-A200 Puck Handling and Skating Practice from Finland](#)

[A2-3-200-300 Skating Technique from Finland](#)

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

[A300 Edges and Puck Handling with a Shot - Finland](#)

### **B – Partner Skill**

[B Skills Warm up Finnish U17](#)

[B3 Advanced Moves from Finland](#)

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

[B5 Regroup - Attack 2-0 - Cycle - Pass to Point - Screen; Finnish U17](#)

[B5 Regroup Options and Shots Finnish U17](#)

[B5-B600 3-0 Breakout-Shoot-Cycle-F or D Shoot – Finnish U17](#)

[B6-600 Flow -Breakout 2 F Shoot - D Point Shot - Finland U20](#)

[B202 Warm-up - Finland Pro](#)

[B300 Optional Practice Skills – Finnish U20](#)

[B300 - One Touch Monkey in the Middle - Finland U20](#)

[B500 Passing Technique – Finland Pro](#)

[B600 Breakout 2 F Shoot D Point Shot-Finland U20](#)

## B600 Neutral Zone Passes-Finland U20

### **C – Game Situation Drills**

C1 Angling in the Wide Lane - Pro

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

C6 Puck Protection Skills and Scoring Skills from Finland 1-1

C6 - 2-1 With BC - Low 2-2 - U17

C600 Continuous 3-1 with 2F and 1 D - Finland U20

### **D – Games to Teach the Game**

D2 Coss Ice Game-Sweden 1-1 to 5-5

D200 2-2 with One Joker on Each Side - Finnish U17

D200 Cross Ice Game 1-1, 2-2 - Pro

Finnish U17 Shinny

### **DT – Transition Games**

DT100 Erkka Continuous 2-1 with Passive Support - Pro

DT100 - 3 on 5 Neutral Zone to 5 on 5 Each End

DT100, 1 - 1 Passive Support D Join Rush and F Backcheck-Juuso, Jursi

DT100 - 3 on 5 Neutral Zone to 5 on 5 Each End

### **G – Goalie Technique**

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

G Side to Side x 6 Shots - Finnish U20

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

G 3-0 - Triangle Attack Finnish U20

[G Attack 2-0 Shoot - Cycle - Pass - Shoot Finnish U20](#)

[G - Walk out and Pass Across - Shot - Finnish U20](#)

**T – Team Play**

[T2 - Finnish U17 Attack](#)

[high cycle](#)

**Finland Sport and Hockey Culture**

[Finland Jr. Team Practice](#)

[Floorball: Off ice game used in Scandanavia](#)

[Understanding the history of International Hockey](#)

[Why are Finnish Goalies So Good](#)

[Off-ice Training With Finnish Youth Players](#)

**Comparison of Practice Styles**

[Comparison of practice techniques from U20 to NHL teams, to NHL prospects to European pro's](#)