

A - Warm-up With Puck - SW F

Key Points:

Keep the hands away from the body, roll the wrists, have loose shoulders, handle the puck all around the body with big moves.

Description:

1. Skate forward weaving around the ice with a puck and go fast on the whistle.
2. Skate backward weaving around the ice with a puck and go fast on the whistle.
3. Handle two pucks at the same time with work/rest intervals.
4. Individual skills:
 - a. Puckhandle around two and four pucks.
 - b. Defense take shots from the point.
 - c. Defenseman make an escape move vs. a forechecker.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161226112125701>

<https://youtu.be/EZv1t5ADY-4>

