

A – Skating and Individual Skills Manual - 2017

Drills for learning ice hockey skills.

Tom Molloy

11/29/2017

Explanation of the ABC Coding

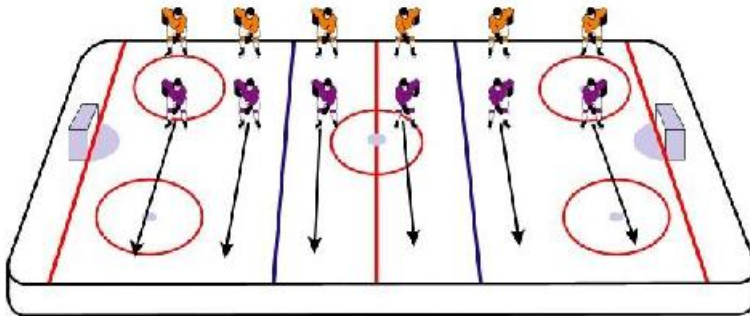
The PDF has diagrams.

I have had some questions about the way we code the activities. The reason for coding is that there are hundreds or thousands of drills and games. Coding makes it possible to put all of these in categories that make them easy to find when a coach needs them. Otherwise you have piles of drills that you have to search through each time.

Basic Formations:

A Skating and Individual Skills.

A1 Skating and Individual Skills – skate across the ice.

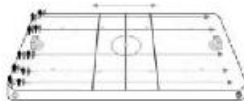


A1 – Variation – skate over, under, around obstacles.



A100 – Skate across the ice with a puck.

A2 Basic Formation – Skate the length of the ice.



Quickness

A - Ball Drop Quick Start

One partner drop a tennis ball while the other waits in the ready position 3-5 metres away. The goal is for the waiting partner to catch the ball before it hits the ice a second time. Keep score, change distances, etc.

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Defensive Skating Principles:

Wally Kozak review the mechanics of skating and then focuses on deliberate practice for Tactical Defensive Skating.

T1 – Skating Mechanics – Wally Kozak – Edge Boy's

<https://youtu.be/YSkQIHBmpoQ>

Wally reviews principles of efficient forward and backward skating.

Edge Prep Practicing Pivots

Skating the game requires deliberate practice of specific tactical skills essential to playing 1 on 1 situations. The Backward stride and Mohawk pivots are essential when playing a rush. Teaching these skills in youth hockey would benefit execution and enjoyment at any level.

https://www.youtube.com/watch?v=S452_n9muQI&t=42s

Edge Prep D ZONE scrimmage 1 vs 1 2 vs 2

Game Like Practice practice is an opportunity to test one's Individual Skills and Hockey Sense. The foundation to performance is Individual skills. The importance of maintaining D side and the tactical skills required are revealed in this video

<https://www.youtube.com/watch?v=FVf4QOrhWro>

Edge Prep HANDICAP Horseshoe progression

One of the best drills to teach Defensive players how to SKATE the 1 on 1 RUSH. Initially the D play an attacker with their hands behind their back keeping them outside the dots. Maintain a good gap. The D progress to hands free, Stick Turned over to Stick Normal to master "skating" the 1 on 1. Progressive deliberate practice for Transition skating, Back Ward Striding and Pivoting is necessary to master those skills that will.

<https://www.youtube.com/watch?v=i4H4T-tY5kc>

A - Edges and Skating Posture – Pro

Key Points:

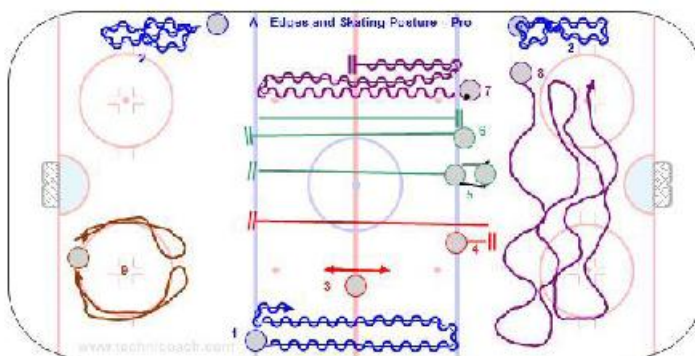
Bend the knees and stay low skating level. Use the edges.

Description:

1. Zig-zag with a puck one blue line to the other with tight turns using inside and outside edges.
2. Players skate near the boards with a puck and do tight figure eights leading with the inside leg.
3. Players on the red line, stay low without bobbing up and down and do cross-overs each way. Start slowly then increase the speed and stay level.
4. Players start from the blue line and cross over once to the right, then plant the back edge and quick cross over start, skate quickly to the other blue line. Push hard, create tension against the ice.
5. Knees over toes, shoulders no farther forward than the knees. Hold two sticks fall forward with toes out and quick, short first five strides across the neutral zone.
6. Skate one blue line to the other, cross over start, stay low and face one direction stopping.
7. Skate across neutral zone and make a tight glide turn at each way at the blue lines. Stop at the red line.
8. Do Crosby heel to heel glide each way across the ice x 4. Glide in an arc.
9. Add a T-push with the inside edge to the heel to heel glide and keep the upper body level. Skate around the circle using the heel to heel glide with a T-push and tight outside glide turns with sticks on the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160920102114960>

https://youtu.be/55eHS_tP4Es



Most of this skill technique material is from the Swedish Federation with clips from other countries. I have added some other material that compliments the technique and put English text to describe the technique and add comments on principles they omit.

Equipment:

A - Hockey Equipment

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014011617525642>

Skating:

A - Crosby Turn - Crosby with Push – Sw

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

A - Backward Stride – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116164914978>

A - Forward Stride – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116161411899>

A - Exercises for Balance and Edges – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116161135253>

A - Hockey Stick - Sweden Skills

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014011400132112>

A - Forward and Backward Stride in Athletic Position

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140113233912283>

A - Skating Without the Puck – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140113230435893>

A - Backward Start – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118170838527>

A - V and Cross-over Skating Start – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118171421893>

A - Forward Hockey Stop – Sw

A – Passing and Receiving Technique – Sweden

A - Sweep Pass – Sw

<mediagallery/media.php?f=0&sort=0&s=2014021118365543>

A - Sweep Pass 2 – Sw

<mediagallery/media.php?f=0&sort=0&s=20140212161520829>

A - Quick Passing – Sw

<mediagallery/media.php?f=0&sort=0&s=20140211183356746>

A - Backhand Passing – Sw

<mediagallery/media.php?f=0&sort=0&s=20140218170935769>

A - Snap Pass - Sw

<mediagallery/media.php?f=0&sort=0&s=20140220170235275>

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

<mediagallery/media.php?f=0&sort=0&s=20140304171021406>

B500 - 360 Degree Passing – Sw

<mediagallery/media.php?f=0&sort=0&s=201403041706067>

A - Flip Pass – Sw

<mediagallery/media.php?f=0&sort=0&s=20140306170416592>

A - Board Pass – Sw

<mediagallery/media.php?f=0&sort=0&s=20140306170211475>

A - PH - Build a Wall - Cut In – Sw

Key Points:

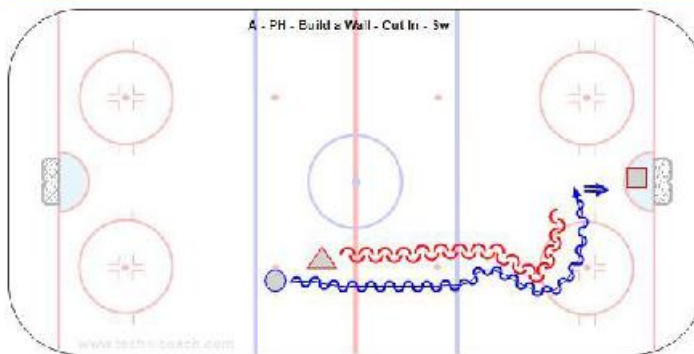
Fake inside and go outside. Protect the puck with the body.

Description:

Fake inside and get the shoulder in front of the defender then cut in. Hold the puck away from the defender and build a protective wall with your back, arm and lead leg. Good knee bend and cut to the net. Backhand if the goalie is moving or take the puck to the forehand and shoot.

If possible cross the mid line to force the goalie to move and slide.

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



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

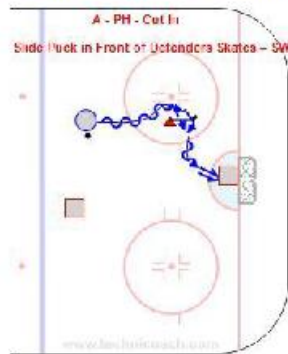
Key Points:

The game is about gaining position in between the defender and his net on offense and staying between the attacker and your net on defense. This move blocks the defender off as you gain the offensive side.

Description:

1. Mimic the defensive triangle by putting a stick on top of a glove.
2. Fake outside then cut inside and slide the puck in front of the defenders skate.
3. Build a wall with the inside leg and back and cut in.

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



Puck Control



2000 Play Right
International Coaches' Conference
Vancouver, British Columbia
Delegate Drill Manual



Puck Handling Skills: Sweden, Russia, Finland

A - Puck Handling Technique - Grip and Side to Side

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

A - Triple Threat Position – Sw

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

A - PH - Build a Wall - Cut In – Sw

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

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

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

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

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

A - PH - Fake Outside - Pull Across – Sw

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

A - PH - Fake Shot – Sw

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

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

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

A - PH - Toe Drag or Pull-in – Sw

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

A - Push-out Tight Forehand Turn – Sw

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

A - Puck Handling Big Moves Exercises – Finland

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

A - Puck Handling 360 Degrees – Sw

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

A - PH - Lift Puck Over the Stick – Sw

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

A - PH - Lacrosse Move – Sw

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

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

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

A – Skating and Individual Drills Manual - 2016

Tom Molloy

June 2016

<http://hockeycoachingabcs.com>

A - Skating and Playing With Speed - Wally Kozak - U18 F

Key Points:

Wally is a former Olympic Women's Team assistant coach. Before that he played for Canada's National Men's Team and then was assistant coach to Dave King. He did this sequence with my U18 Female team with the focus on playing with speed.

Play at top speed both going forward and backward Skating in straight lines, turning and with quick cross-overs. Everyone takes turns going forward and backward. Look over your shoulder to the inside when skating backwards.

Description:

1. Players line up at one end of the ice and skate down the middle to the far blue line and back down the side.
2. Work in pairs. Forward skater can cross-over up to three times and backward skater must mirror.
3. Puck carrier try to get behind the backward skater either striding or crossing over.
4. Skate backward around two circle and reach in with the inside skate.
5. Backward skater mirror partner using only one cross-over each way.
6. Skate backward down the side and back making two strides each way.
7. Make linear cross-overs forward to gain speed.
8. McDavid and Eichel using linear cross-overs. First without the puck and second with the puck down and back. <https://www.youtube.com/watch?v=9shcAgsCmIM&feature=youtu.be>
9. 1-1 attacker start from the crease and defender from the hash marks. Defender no cross-overs; stride only, start back facing the side boards.
10. Focus on speed and use linear cross-overs forward.
11. Backward stride down the middle and focus on using the arms North/South only.
12. Defense in middle and forward leave from the corner. Forward skate to the blue line then back below the dot. Defender mirror to maintain the gap and defend 1-1. Forward skate using linear cross-overs to accelerate.

**Team did a Continuous 2-1 Transition Game after this with the focus on speed.*

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=2&s=20171104114129333>

<https://youtu.be/6p1Tve5An94>

A - Skating Programs from Finland and Minnesota

This is a four part series of skating instruction from Finland. It is an excellent resource.

A2 - Hockey Skating from Finland 1

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=200807230709354>

A2 - Skating Skills from Finland 2

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723070937777>

A2 - Skating from Finland 3

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723113213565>

A2 - Skating Skills from Finland 4

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072311321856>

Another great resource for teaching skating was done by Minnesota Hockey. It is a 30 minute video of how to teach skating technique.

A3 - Skating from Minnesota

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723153914850>

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A - Skating Technique and Hockey Equipment

A - Hockey Equipment

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A - V and Cross-over Skating Start – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118171421893>

A - Forward Hockey Stop – Sw

SKATING TECHNIQUE

Following are examples of drills with comments!

These drills which are described below, can and should of course be used during practice when only defensemen are specially trained, many drills can be woven into the practice where game elements are practiced with several players involved.

A - Triple Threat Position – Cut to the Forehand – Sw

Key Points:

Carry the puck on the forehand side of the body without handling it. This gives a triple threat of option.

1 - carry the puck.

2 - pass the puck.

3 - shoot the puck.

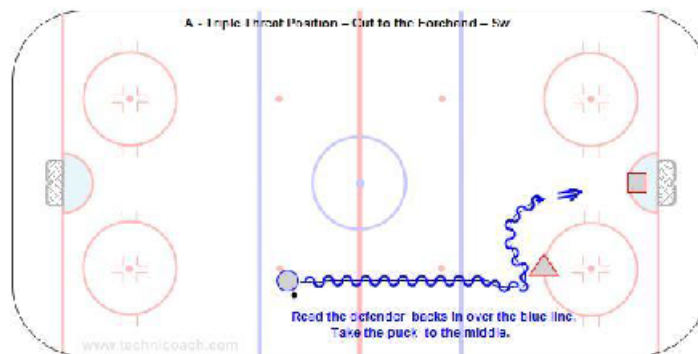
Description:

This is a very strong position for the puck carrier to be in because it allows all of the options and the offensive player has a 270 degree view of the ice to base his/her decisions on.

This is the MOST IMPORTANT puck handling skill to teach because all of the moves, dekes, shots, and passes can start from this position. So 'less is more' and 'lock and load' when you get the puck.

In this video the player holds the puck at the side, fakes outside and cuts inside pushing the puck to the forehand.

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



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.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20161226112125701>

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



My diagrams are coded in the ABC format. This is like a library coding to make it easier to find things. Sometime you have to click on the diagram and read the code above as I sometimes forgot to put the code on the diagram itself.

A - Skating and individual skill

B - Partner skills

C - Game situation drills

D - Games full and SAG

DT - Transition games

E - Shootouts and contests

T - Teaching drills and games where the coach is controlling the situation and giving instruction on individual skills or team play.

It is ok to give individual drills or videos away but please don't just make copies of the disk and give them away.

A and B Drills on YouTube

A - Puck Handling Big Moves Exercises – Finland

<https://youtu.be/PUCcyDGuyhI>

A Obstacle Stickhandle x 3 - Shoot – Pro

<https://youtu.be/afS1E8EKzZA>

A - Crossovers - Pro

<https://youtu.be/RJqDuKfxi3I>

A - Knock Down Pucks and Shoot In Traffic - Pro

<https://youtu.be/U-T1i76yihw>

A - Ball Drop Quick Start - U18 F

<https://youtu.be/UJ1LWvrc2i8>

A - Skating Instruction and Practice - U18 F

https://youtu.be/FgrqUfDa9_U

A - U18 Girl's Edges Warm-up Winsport Camp

<https://youtu.be/xfxqnoJKnTk>

A2 Backward Cross-over Principles 3 - U18 F

<https://youtu.be/U87WKtRt8IU>

A2 Crossover-Pivots-Balance U18

<https://youtu.be/SaUAfrSWuM>

A2 Partner Pull U18

<https://youtu.be/U2835xmCrPc>

A2 Pivot Front to Back and Goalie Crease Skating U18

<https://youtu.be/Ex-ArhJqT1A>

A2 Skating Agility-Power-Balance U18

https://youtu.be/LNrhejd_-iQ

A2 Triangle Pivot U18

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

A2 - Puck Handling Proprioceptive Overload - Pro

<https://youtu.be/8TLGdZ3BMKM>

A2 - Skating Technique Analysis - Pro

https://youtu.be/fawN_-SxHNM

A2 B202 Conditioning Agility Skate - RB Pro

<https://youtu.be/NoDXqlFHku8>

A2 - Skating Technique Analysis - Prospect

<https://youtu.be/Gx88k3yKyNI>

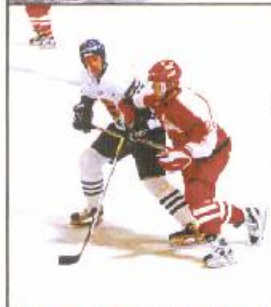
A3 Skating Warm-up Kazakhstan W

<https://youtu.be/trDSWDuYI5g>



**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



A2 Backward Skating Tag Game-Jursi

Key Points:

Backward acceleration, fakes, tight turns, back striding.

Description:

1. Players line up in the neutral zone.
2. Start with 1 and 2 skating forward chasing 3 who is skating backward.
3. When tagged #3 now becomes a chaser and whoever tagged him skates backward.
4. Go about 15 seconds.
5. The next three players repeat.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102316477>

https://youtu.be/HjlyVgYU_Nc



A Coded Situation Drill Video

[A - Crosby Turn - Crosby with Push - Sw](#)

[A - Datsyuk - Stickhandling and Scoring](#)

[A - Skating Turn - Crossovers - Finland](#)

[A - Shoot to Score - Sw](#)

[A - Chip and Spin Escape Move - Sw](#)

[A - Tripod Three Point Stance - Sw](#)

[A - Flip Pass - Sw](#)

[A - Board Pass - Sw](#)

[A - Pass Receiving - SW](#)

[A - Snap Pass - Sw](#)

[A - Backhand Passing - Sw](#)

[A - Sweep Pass 2 - Sw](#)

[A - Sweep Pass - Sw](#)

[A - Quick Passing - Sw](#)

[A - Backward Skating Start - Swiss](#)

[A - Forward Skating Start Technique - Pt. 1 Swiss](#)

[A - Medium Stride Mechanics - Swiss](#)

[A - Long Stride Technique - Swiss](#)

[A - Chocktow Front to Back Turn Instruction](#)

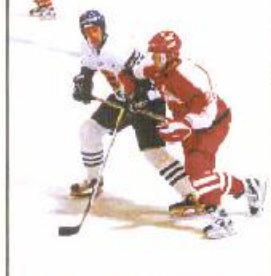
[A - Puck Handling Big Moves Exercises - Finland](#)

[A - Puck Handling Sequence - Russian Olympic Coach](#)



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<https://youtu.be/SaUAfrSWluM>

A2 Partner Pull U18

<https://youtu.be/U2935xmCrPc>

A2 Pivot Front to Back and Goalie Crease Skating U18

<https://youtu.be/Fx-ArhJqT1A>

A2 Skating Agility-Power-Balance U18

https://youtu.be/LNrhejd_-iQ

A2 Triangle Pivot U18

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

A2 - Puck Handling Proprioceptive Overload - Pro

<https://youtu.be/8TLGdZ3BMKM>

A2 - Skating Technique Analysis - Pro

<https://youtu.be/fawN- SxHNM>

A Exercises - Video Links

A – Skating and Individual Skills

[A1 Going Back for a Loose Puck](#)

[A1 Testing Skate Blade Alignment](#)

[A1 Weight Transfer with Balls and Pucks](#)

[A100 - Practice Stations-Skill-Games - Dukla Camp](#)

[Card 1 A1 Basic Formation](#)

[Balance and Moving on the Ice – Card 1](#)

[Card 1b Skating Balance](#)

[Card 2 Learning to Balance and Move on the Ice](#)

[A2 - Skating Balance and Agility - U17](#)

[A2 Backward Cross-over Principles 3](#)

[A2 Cross over skating - Emma at 14](#)

[A2 Skating Agility-Power-Balance U18](#)

[A2 Chocktow and Tight Turns - Jasper Small Group](#)

[A2 Crossover-Pivots-Balance U18](#)

[A2 Forward Stride Basics -Jasper 2012](#)

[A2 Edges Jasper 2012](#)

[A2 Crossover Basics -Jasper 2012](#)

[A2 Creating Tension in the Forward Stride](#)

[A2 Starting and Stopping](#)

[A2 Skating Warm-up for Edges and Balance](#)

A - Skating Technique Video Demonstrations:

Skating is and always will be the most important foundational skill. I remember coaching a player at university who scored 81G 81A his last season in major junior (I think he still has the pp goals record) and he wasn't even invited to one NHL camp because they didn't think he skated well enough and he was on the small side. So you might have all the other skills and great game intelligence but the first thing you need is to be a great skater.

Skating technique demo. Kai. The slides are in Finnish but anyone can understand the demo's of good technique by the Finnish coach. Kai mentions he has an English translation but I can't find it on the site. Maybe you can submit it Kai.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090906110909283>

Hal Tearse from Minnesota Hockey moderates a 30 minute video with exercises for good skating technique.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723153914850>

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.hockeycoachingabc.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

Objectives:

- Improve the skaters' balance and confidence on the ice
- Introduce the use of all the skate edges
- Progress to moving and regaining the balance position

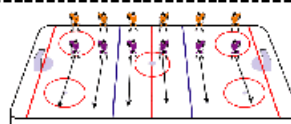
CARD 1 – A1 BASIC FORMATION

Description:

The players are lined up along the sideboards. The exercises are done with either one or two groups.

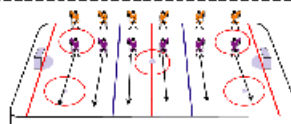
Teaching points:

A1 is the most basic of all the formations, and is the used first in the teaching system, because the skating distance is short. Divide the players into small groups according to the colours of their jersey or simply number the players so that they have room to maneuver without colliding with another player. When the first group has reached the opposite boards, then the next group leaves. Repeat the same methods back the other way.



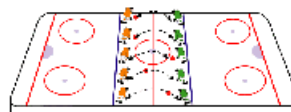
CARD 1b – INTRODUCTION TO SKATING

- Skating posture in forward skating. Knees bent over toes, back upright, head on top of shoulders and not hanging over the ice.
- Stand on the inside edge of the skates.
- Stand on the outside edge of the skates.
- Stand on one skate.
- Stand on one skate and kick back and forth.
- Stand on one skate and kick side to side across the body.
- Push a chair or large pylon.
- Walk on ice.



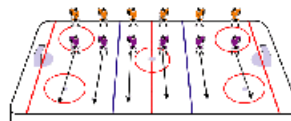
CARD 7 – CATCH WITH A PARTNER

Play a game of catch with a partner. Use a ball and stand about 3-5 meters apart. This will stress balance on the skates.



CARD 4b - INCREASING BALANCE

- 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 one foot, then the other.
- Walk and then glide on two feet.
- Take a puck in the 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.



A2 Puck Dog and Pass Dog

Key Points:

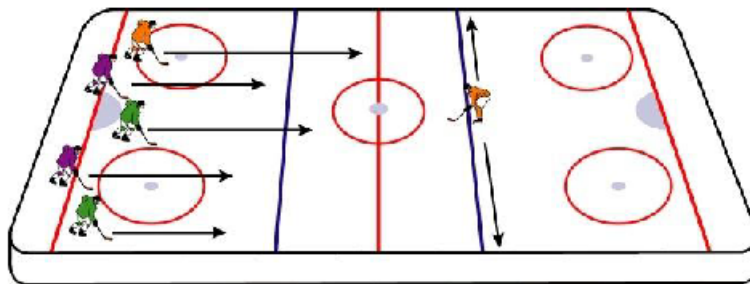
Encourage the players to use moves and fakes, change of pace and to protect the puck.

Description:

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

Another option is Pass Dog where partners must make at least one pass in each zone and get to the other end without losing the puck.

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



A2 - Skating Balance and Agility - U17

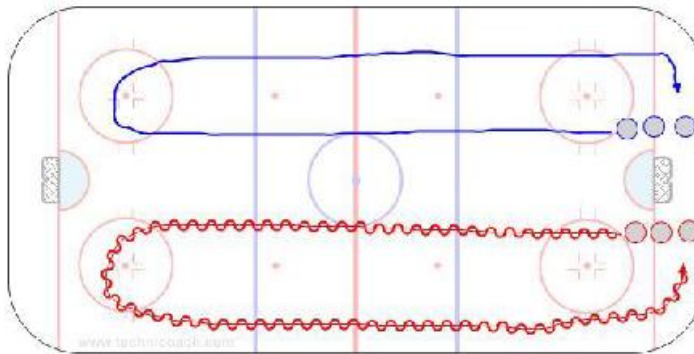
Key Points:

Challenge the players agility and balance.

Description:

1. Players skate in two groups up the middle and back on the wide lane.
2. Running on the toes and doing cross-overs.
3. Pivot from forward to backward with the stick on the ice.
4. The second rep turn the other direction.
5. One skate on top of a puck and stride in and out with the other skate.
6. Switch to the other skate on the puck for the second rep.
7. Skate backwards with one skate on top of a puck.
8. Switch legs the second rep.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=2015081909264927>



C2 Backward Skating Tag Game-Jursi

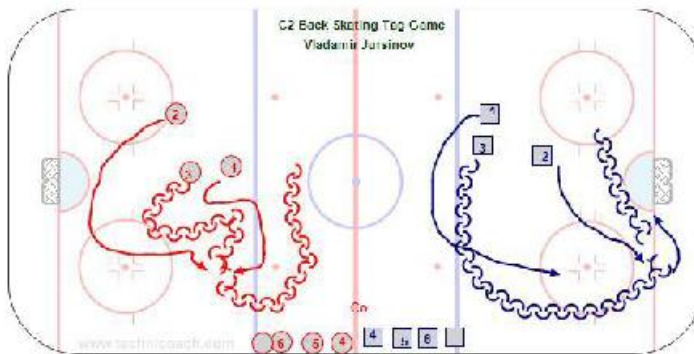
Key Points:

Backward acceleration, fakes, tight turns, back striding.

Description:

1. Players line up in the neutral zone.
2. Start with 1 and 2 skating forward chasing 3 who is skating backward.
3. When tagged #3 now becomes a chaser and whoever tagged him skates backward.
4. Go about 15 seconds.
5. The next three players repeat.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102316477>



A2 Baseball

Key Points:

Players must figure out the quickest way to pass the puck around the ice and give close support. Young players love this game.

Description:

1. Half the players are on one team below the goal line and half are in the field scattered around the ice.
2. A player on the team below the goal line fires the puck anywhere.
3. The player who shot the puck now skates as fast as he can around the rink and must cross his goal line before the defending team score.
4. All the players on the defending team must touch the puck and the last player score a goal before the skating player gets over the goal line.
5. Three outs and the other team goes into the field.



A2 Chocktow and Tight Turns

Key Points:

Go front to back on an arc using the Chocktow pivot and then do a tight turn each way before going to the next dot.

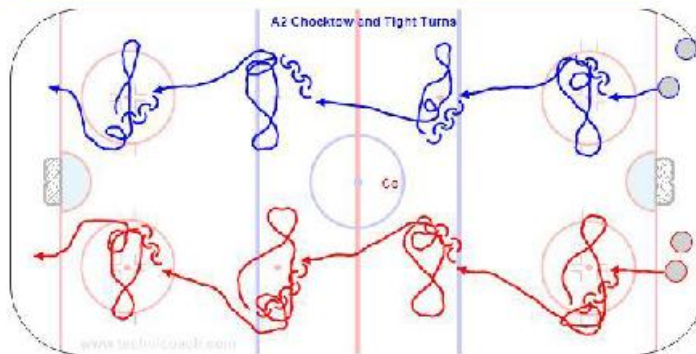
Description:

1. Leave skating forward from behind the goal line.
2. Before each dot do this sequence.
3. Chocktow pivot front to back.
4. Open up facing forward and turn.
5. Tight turn one way.
6. Tight turn the other direction.
7. Alternate which side you do the first Chocktow turn.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120812134621752>

Demonstration of the Chocktow front to back pivot.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20110421072659315>



A2 Crossover-Pivots-Balance U18

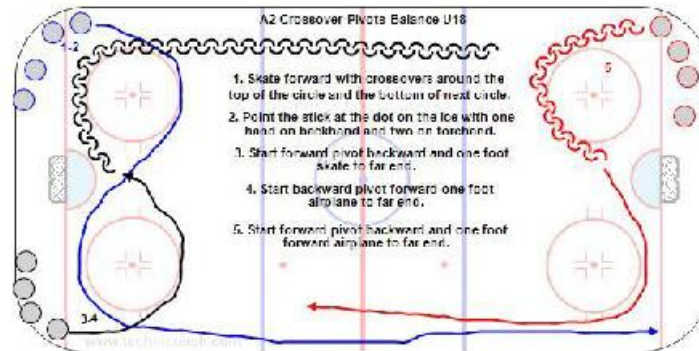
Key Points:

Balance position with as much blade on the ice as possible. Turn and pivot with balance. In forward skating turn with upper body facing the turn direction. Use a chocktow turn front to back.

Description:

1. Skate forward with crossovers around the top of the circle and the bottom of next circle.
2. Point the stick at the dot on the ice with one hand on backhand and two on forehand.
3. Start forward pivot backward and one foot skate to far end.
4. Start backward pivot forward one foot airplane to far end.
5. Start forward pivot backward and one foot forward airplane to far end.

<http://www.hockeycoachingabc.com/mediagallery/album.php?aid=40&page=1>



A2 Defensive Back Skating

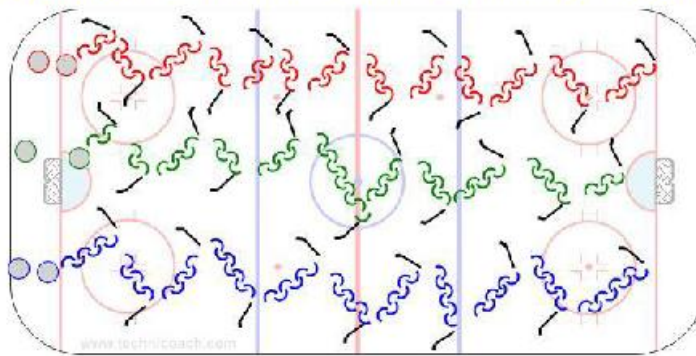
Key Points:

All the players including the goalies do this. Zig zag back keeping good posture and practice reaching with a poke check with the knees bent and the back straight.

Description:

1. Players start in 3 lines at one end of the ice.
2. Skate backward 3 or 5 strides in a zig-zag pattern from one side to the other.
3. Keep the elbow back to hide the reach of the stick and then extend the stick at the finish of each repetition.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115341660>



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.

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There are other videos of Gaston teaching turning, stopping and these strides. Gaston talks about the skating stride. mediagallery/media.php?f=0&sort=0&s=2008072311322256 and demonstrates mediagallery/media.php?f=0&sort=0&s=20080723113220687

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

 [Gaston and Gassy.jpg](#)

 [A2 Gaston Forward and Back Skating and Transition Turn.pdf](#)

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Active Member




Status: offline

 [user](#)

Registered: 06/25/08

Posts: 742

Calgary, Canada

 By: [TomM](#) (offline) on Thursday, April 21 2011 @ 07:54 AM CDT

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.

mediagallery/media.php?f=0&sort=0&s=20110421072658315

 [A3 Forward and Backward Striding.jpg](#)

[TomM](#)



Active Member



Status: offline

 [user](#)

Registered: 06/25/08

Posts: 742

Calgary, Canada

A2 Neutral Zone Overspeed

Key Points:

It is important to do some overspeed training where players skate and do all the skills at a top speed.

Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

Description:

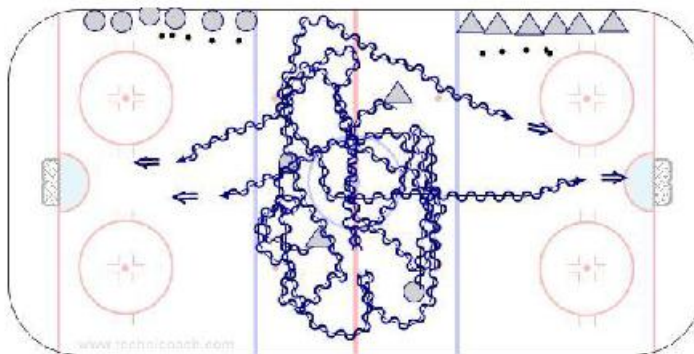
Players wait outside the neutral zone against the boards.

On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin.

While the first group leaves the second group skates with a puck in the middle. Follow the shot, look for rebounds.

You could add a give and go with the group ahead and a one timer or other situation at full speed.

Whistle every 8 seconds.



LEVEL 1 – PRACTICE FIVE

Objectives:

- To develop player's skating ability, now using the full length of the ice.
- To introduce the hockey stop.
- The players start to play various hockey games that teach the coach and players the game formations and work on skills.
- Shooting techniques are introduced to enhance their enjoyment of the games.
- Multi puck games are used to develop split vision and create a lot of puck handling opportunities.

CARD 14 – BALANCE CONTINUED

Players perform the following skating exercises using formation A2:

- Toe-in, toe out gliding between the blue lines.
- Group skating knee up between the blue lines.
- Group skating and doing squats between the blue lines.
- Group skating and doing squats on the lines.
- Jump the lines while skating down the ice.
- Swing one leg forward and back as high as possible between the blue lines.
- "Shoot the duck" between the blue lines by squatting low on one leg while extending the other leg in forward.
- Deep squat between the blue lines.



CARD 19 – D1 BASIC FORMATION

D-coded exercises are the most important part of the teaching system, because they involve the game itself. The other exercises all lead up to the D exercises acting as building blocks for learning how to play in game-like situations.



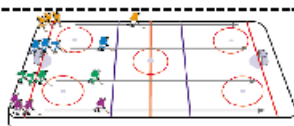
Teaching points: D1 uses the whole ice with two nets. The model used is the traditional and natural way of learning by playing using "scrimmages", but rule variations enable the coach to use the ice more effectively.

Activity: Play a game of shinny or soccer with all of the players on the ice at once. They score by putting the puck or ball into the net.

CARD 14b – THE HOCKEY STOP

The following exercises are performed using formation A2:

- Skate forward and hockey stop by sitting low with the knees bent, then extend the right leg forward and turn the toe in 90 degrees and start scrapping the ice. At the same time turn the right shoulder towards the skating direction and then the right hip. This causes the other skate to be parallel to the forward skate. Now scrape the ice with the outside edge of the trailing skate. Do this at each line.
- Do the hockey stop at each line and cross-over start in the same direction by lifting the trailing skate over the lead skate and then pushing with the outside edge of the lead skate and striding using the inside edge of the other skate.
- Do the hockey stop at each line and use a running start by facing forward with the toes out and taking four to six quick strides. Stop at the next line.



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.

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.

A2 Skating Agility-Balance-Power-Coordination Circuit U18

Key Points:

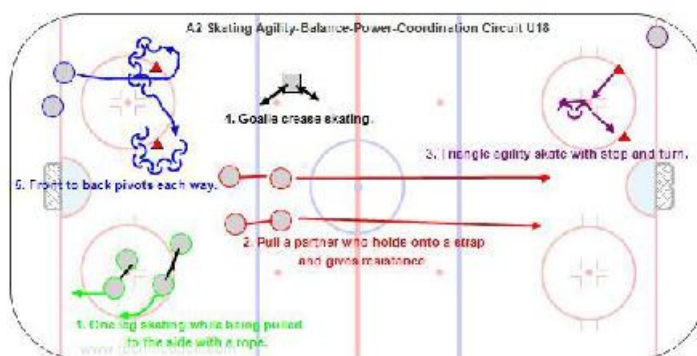
Focus on good technique with the weight over the middle of the blade and using as much blade on the ice as possible. Use the Chocktow Turn in the front to back pivots and cut small S's while on one foot.

Description:

The players rotated through these stations.

1. One leg skating while being pulled to the side with a rope.
2. Pull a partner who holds onto a strap and gives resistance.
3. Triangle agility skate with stop and turn.
4. Goalie crease skating.
5. Front to back pivots each way. (Chocktow should be learned)

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A2 Skating Edges – Pro

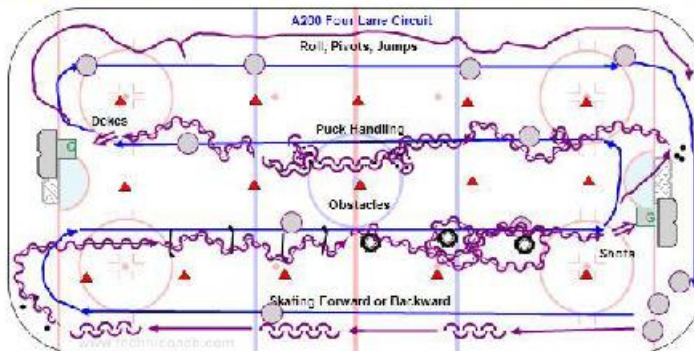
Key Points:

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20130812185145906>



A2 Skating for Quickness

Key Points:

Hockey requires quick feet and agility to change directions. Keep the knees bent and use the outside edges.

Description:

1. Skate hard from blue to red line-Stop-hard back over blue line.
2. Skate hard to red line-turn inside-tight turn and back to blue.

Alternate directions.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20090805115343158>



A2 Skating Warm up-Edges and Balance Position

Key Points:

Be in a good athletic position with the knees bent, back upright and lead with the chest and head up. Use all of the edges.

Description:

Gaston leads a skating warm up.

Exercises use the inside and outside edges, proper body position both forward and backward as well as a one skate exercise that requires a good balance position and use of all of the edges.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110423080435937>



A2 Skating Warm-up for Edges and Balance

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.

Description:

A2 Formation - Players start at one end and skate to the other end.

- 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.

<mediagallery/media.php?f=0&sort=0&s=20110726073836113>

The same warm up with 12-14 year olds.

<mediagallery/media.php?f=0&sort=0&s=20110423080435637>



A2 Transition Turn Forward to Backward

Key Points:

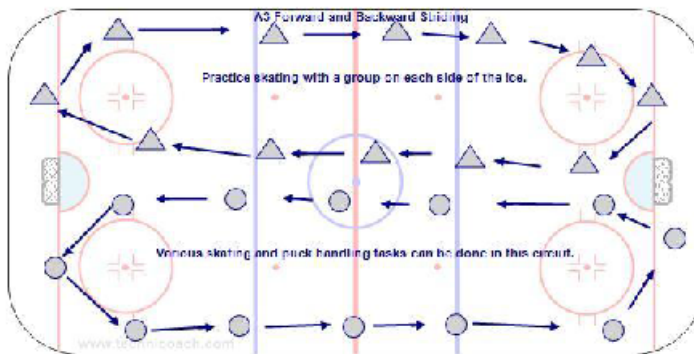
Practice turning from front to back and don't lose any speed. This turn is smooth with a minimum of crossovers.

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.hockeycoachinquebec.com/media/gallery/media.php?f=0&sort=0&s=20110421072859315>



A2-3-200-300 Skating Technique from Finland

Key Points:

Good posture with the knees over the toes and shoulders no farther than the knees. Use all of the edges both forward and backward. Skating is a sideways motion with a quick recovery. The four videos focus on exercise for balance, edges, proper stride, turning, stopping, starting.

Description:

Video 1 – forward stride, balance position and edges.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=200807230709354>

Video 2 – edges, forward, backward, tight turns.

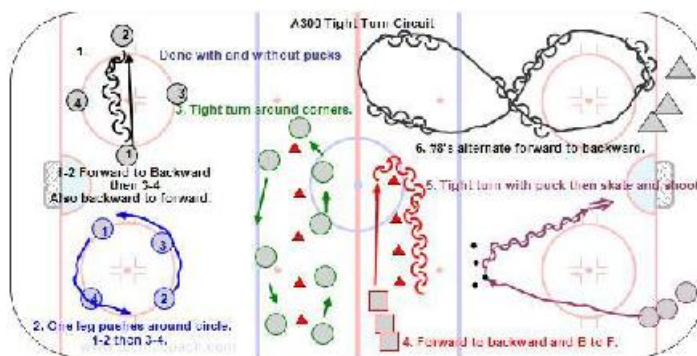
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072307093777>

Video 3 – backward skating, edges, stride, turn, stop.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723113213565>

Video 4 – transition pivots, tight turns, skating with the puck, forward and backward turning.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072311321856>



A2-A200 Puck Handling and Skating Practice from Finland

Description:

This is a video on the ABC site under Puck Handling

1. A200 formation and Yashin leads the big moves warm demonstrating the skill and the kid's follow.
2. A2 skating drills for balance and edge control.
3. A200 Russian Big Moves exercises. Pro player demonstrate the big moves and the players follow.

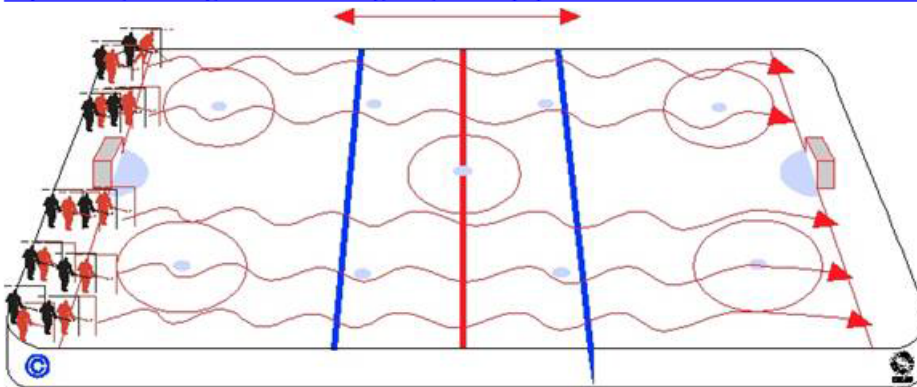
Key Points:

This practice was done at Juhani's hockey school in Mikkeli, Finland. It is beautiful lake country where he has his summer place. The focus is on Big Moves with Good Hard Fakes when puck handling. Many pro's including Yashin helped with his camps. Juhani is in the IIHF Hockey Hall of Fame and is a legend in Finland.

Another IIHF hall of famer Vladimir Yursinov is the one who developed this big moves warm up. He is a Russian hockey legend as a player and coach. Between them they have developed about 70 NHL players.

In my coaching experience these puck handling exercises are the most effective way for players to develop good hands. They can be done off ice as well. Big moves and handling the puck all around the body with big fakes and protecting the puck with the body are the essentials to being a good offensive player.

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



A3 Backward Crossovers in 5 Circles

A3 Backward Crossovers in 5 Circles

Key Points:

Back is upright, stride out with the toes pointed a little in. Transfer weight one side to the other.
Skate one direction and then the other.

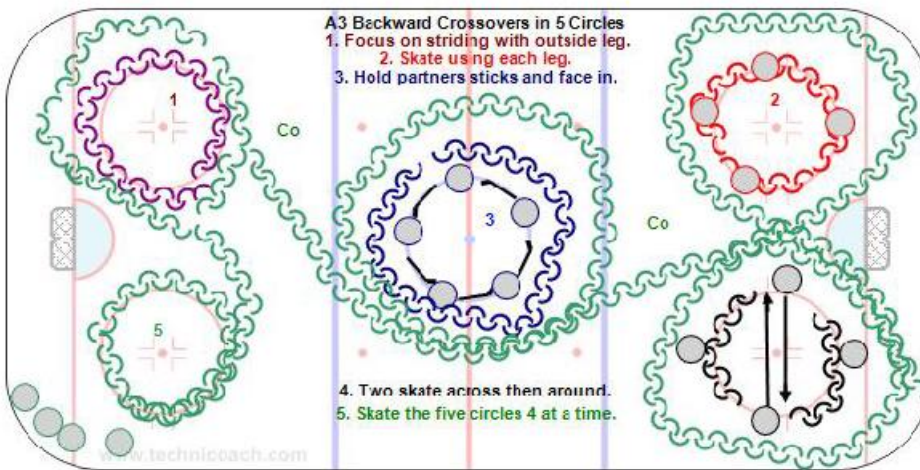
A great explanation on technique is in Gaston Schaeffer's video's in the skating section.

<http://hockeycoachingabcs.com>

Description:

1. Focus on striding with outside leg.
2. Skate using each leg.
3. Hold partners sticks and face in.
4. Two skate across then around.
5. Skate the five circles 4 at a time.

Video of this circuit: <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010040408031239>



A3 Backward to Forward Pivots and Starts

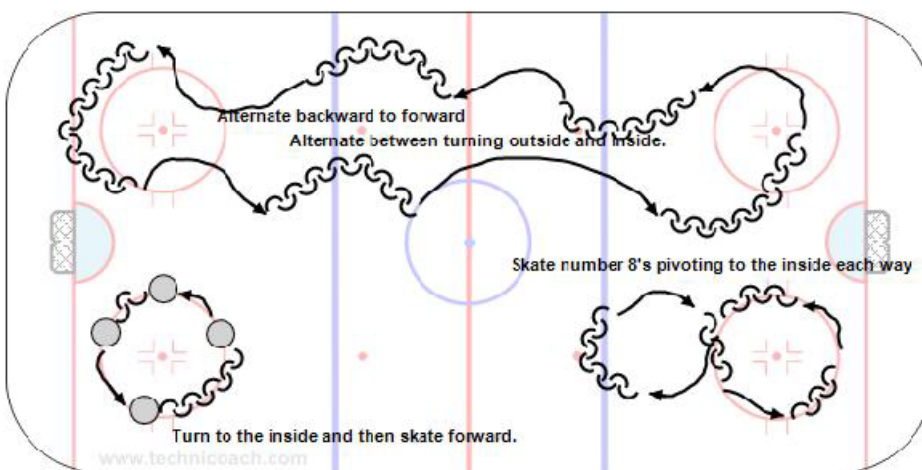
Key Points:

Knees must be bent and the hip open for the turn. Practice in both directions.

Description:

1. Start skating backwards with a few crossovers before striding.
2. Skate the full length of the ice alternating back to forward.
3. Skate figure 8's going sideways to forward.
4. Skate circles forward to facing the inside. Switch directions.
5. Skate the 5 circles.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100405064612224> is a video of this skill.



A3 Conditioning skate

Key Points:

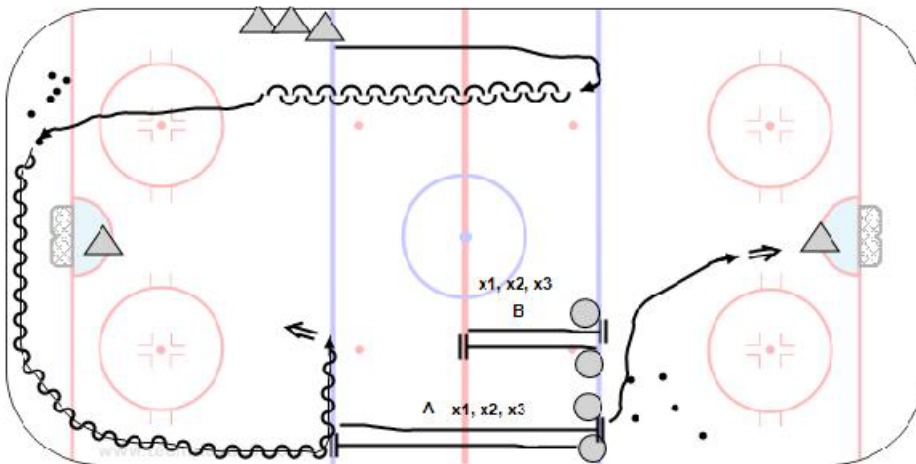
D pivot and F start and stop

Description:

The D skate hard to the far blue then power turn backward to the blue and mohawk to get a puck from the corner, take it to the blue line, walk the line and shoot from the point.

A. Forwards skate blue line to blue line stop and start x1 and x2, then blue to red in order x1, x2, x3. do 2 sets facing one way when they stop. You can add a shot after.

** In the video section there are demonstrations of many drills focusing on skating for conditioning and agility.



A3 Figure Skater Edges and Balance Warm-up

Key Points:

Skate forward and backward pivoting each way. Skate on all of the edges with good posture.

Description:

1-forward stride.

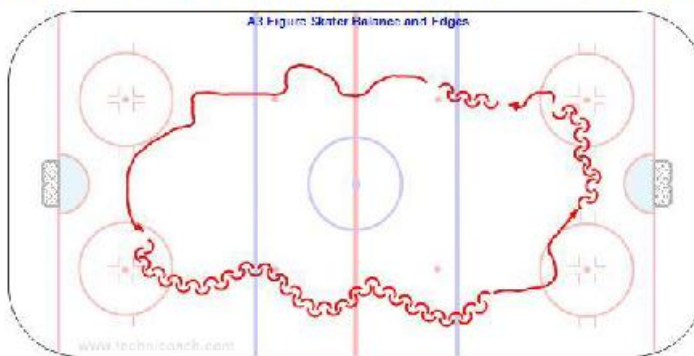
2-backward stride.

3-crossovers forward and backward.

4-inside edges.

5-outside edges.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120811091636351>



A3 Forward and Backward Striding

Key Points:

Players work on the forward and backward skating stride. Maintain good body position with the knees bent and weight transfer from side to side.

The toes are pointing out a little in the forward stride and in while striding backward.

Gaston Schaeffer's two skating videos give a great explanation and demonstration of the proper mechanics in English.

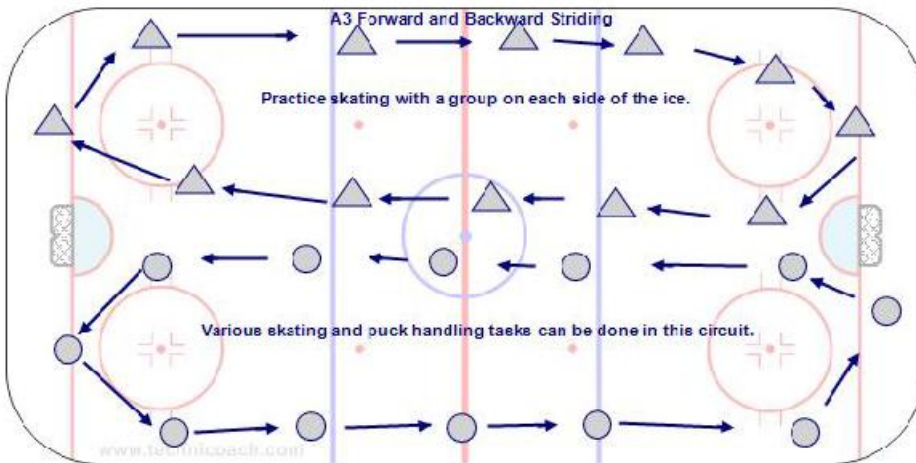
Description:

1. One leg push to the side with good posture and finish with a push. Do this when practicing both the forward and backward stride.
2. Long strides forward with good weight transfer, then long strides backward.

*The video section has many other exercises that can be done using this circuit. The ABC cards, the Minnesota and other video's have many balance and agility exercises.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100403075259345>
for the video of the forward stride.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100403075402691>
for video of the backward stride.



B3 Puck Handling Moves All Around the Body

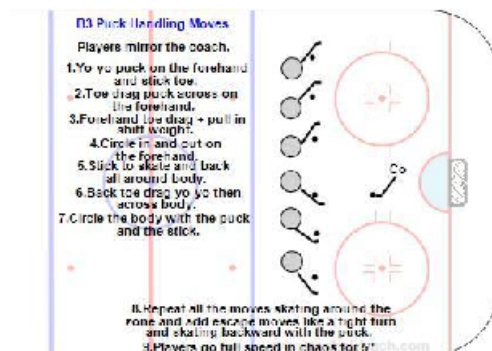
Key Points:

Make big moves, use fakes, keep your hands away from your body. The top hand does the finer moves and bottom hand slides up and down the stick in unison. Use all of the stick blade backhand and forehand. Hold the stick with the fingers and the little finger of the top hand makes small adjustments. Players mirror the moves the coach makes.

Description:

1. Yo-yo puck on the forehand and stick toe.
2. Toe drag puck across on the forehand.
3. Forehand toe drag + pull in, shift weight.
4. Circle in and out on the forehand.
5. Stick to skate and back all around body.
6. Back toe drag yo-yo then across body.
7. Circle the body with the puck and the stick.
8. Repeat all the moves skating around the zone and add escape moves like a tight turn and skating backward with the puck.
9. Players go full speed in chaos for 5".

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



A3 Puck Handling Moves With a Shot

A3 Puck Handling Moves With a Shot

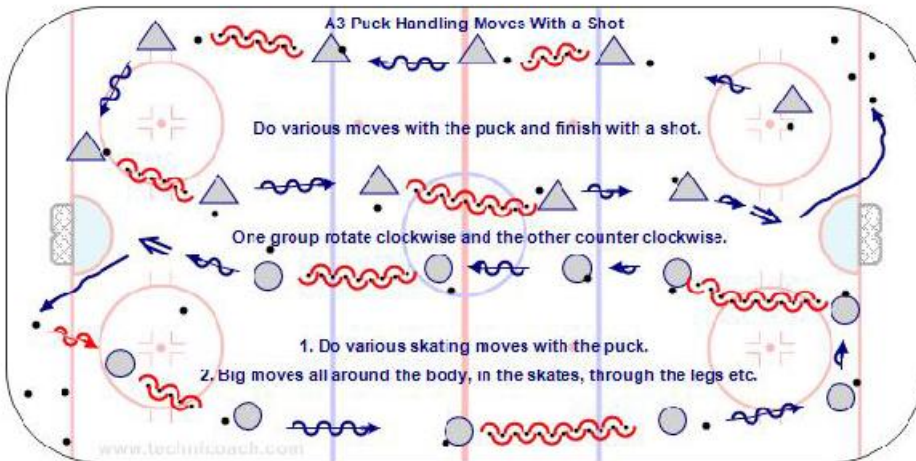
Key Points:

Do various moves with the puck and finish with a shot.

Description:

One group rotate clockwise and the other counter clockwise.

1. Do various skating moves with the puck.
2. Big moves all around the body, in the skates, through the legs etc.



A3 Puck Handling Nervous System Overload

Key Points:

Keep the balls and pucks within a stick length and move them around the body. Stress rolling the wrists big moves.

Description:

1. Combine using up to 3 balls or 3 pucks.
2. Use balls of different weight and bounce i.e. tennis, racquet, hockey balls.
3. Example. Start with 3 kinds of balls and after each time around replace the balls with pucks so you have 3 pucks. Each lap take away one puck and then add speed when a single puck is left.
4. When you get down to one puck shots at each end can be done.
5. Use the lines and dots as places to do various moves.

The first part of this college women's practice has them handling one ball and one puck.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20080722204547549>

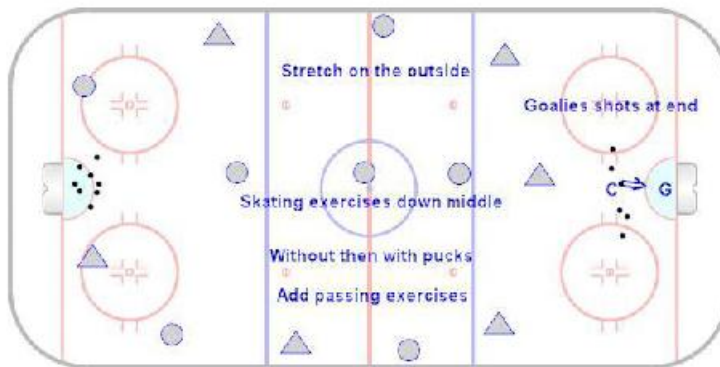


A3 Puck Handling Warm up

Players skate around the ice and practice stickhandling moves all around the body, in the feet and try to separate the movement of the upper and lower body.

This was filmed at a camp in Jihlava, Czech Republic.

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



A3 Quick Feet Conditioning Skate

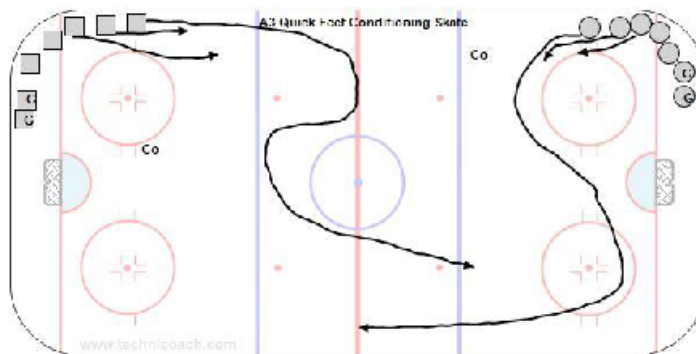
Key Points:

Player should keep their feet moving all the time. Coach move the pattern around the rink so you don't break the ice and ruin it for the next group.

Description:

1. Players leave in small groups with at least a 1:4 work rest ratio.
2. Skate a lateral S pattern do they turn both right and left.
3. Sprints should be less than 10 seconds.
4. Can also be done with pucks.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151046309>



A3 Russian Skating Warm up - RB U17-20

Key Points:

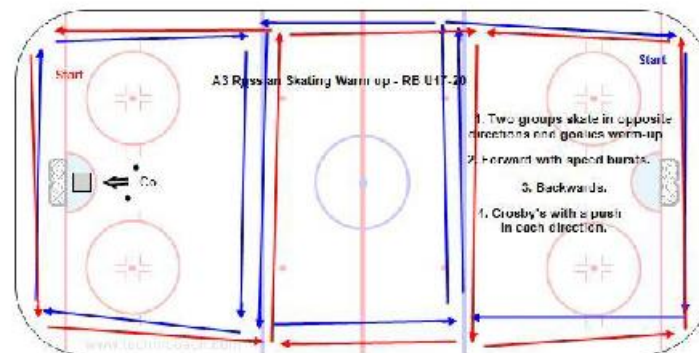
Skate the circuit with speed bursts of 10". Do all the exercises from both sides.

Description:

1. Two groups skate in opposite directions and goalies warm-up in the creases.
2. Forward with speed bursts.
3. Backwards.
4. Crosby's with a push in each direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150709225530354>

<https://youtu.be/mSop48n1yR8>



A3 Skating Edges and Balance Warm-up - Kazakhstan W

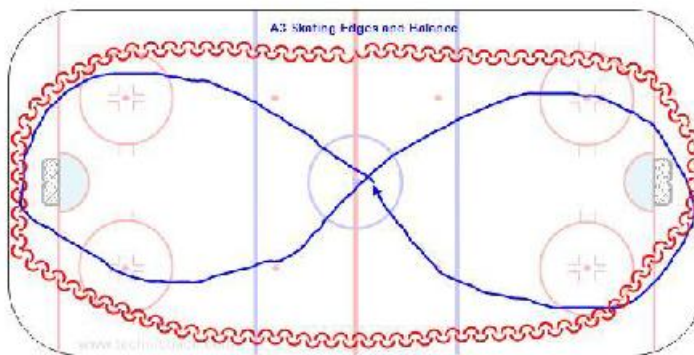
Key Points:

Skate forward, backward, pivot, Good to just go around when backward. Full speed 8's can be dangerous. A guy I play with collided with his best friend doing the big 8 and his friend died as a result of hitting his head on the ice.

Description:

1. Player lead or the coach call out the technique.
2. Skate forward and backward.
3. Striding, crossovers, transition forward to backward, backward to forward.
4. Side to side smooth transition.

<http://www.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20120911085544248>



A3 Skating Edges and Balance

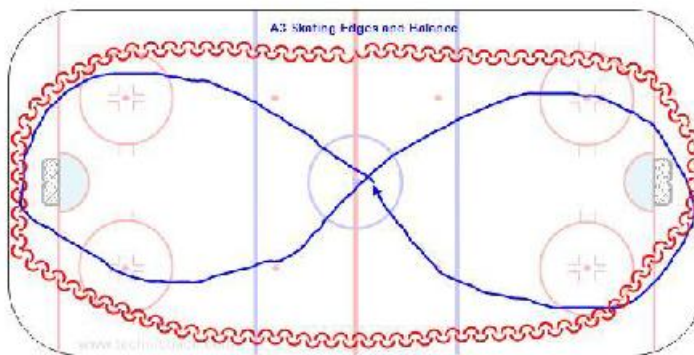
Key Points:

Skate forward, backward, pivot, Good to just go around when backward. Full speed 8's can be dangerous. A guy I play with collided with his best friend doing the big 8 and his friend died as a result of hitting his head on the ice.

Description:

1. Player lead or the coach call out the technique.
2. Skate forward and backward.
3. Striding, crossovers, transition forward to backward, backward to forward.
4. Side to side smooth transition.

<http://www.hockeycoachinabc.com/media/gallery/media.php?f=0&sort=0&s=20120911085544248>



A3 Skating Five Circles

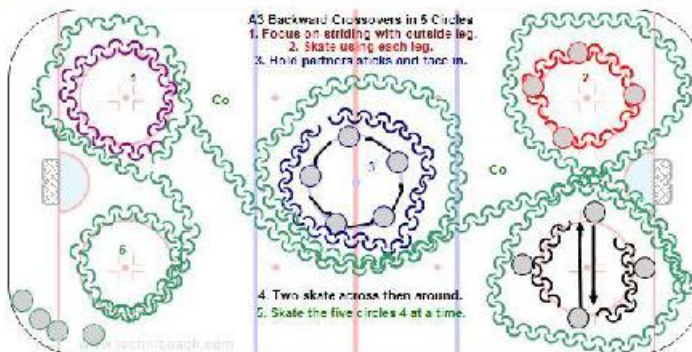
Key Points:

Skate around the five circles and change direction each circle. Upper body rotate in when skating forward.

Description:

1. Start in the corner and skate around all five circles.
2. Forward, backward and alternating directions are possible.
3. Send between 3-5 players at a time.
4. Add carrying a puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120730132855771>



A3 Skills Warm Up

Key Points:

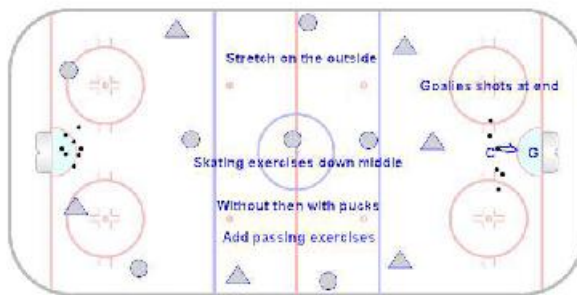
Start practice with mild skating using long strides to dynamically warm up the muscles. Follow with puck and passing skills. Allow the goalie to do crease skating and take some shots to areas before shooting to score. This is a common warm up routine for high level teams.

Description:

1. Skate and stretch in the outside lanes followed by puck skills.
2. Partner passing or puckhandling down the centre. Progress to finishing with a shot.
3. Progress to hard on one side only so there is recovery.

Example video is the Russian U20 Team at the start of practice.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20120303100609909>



A3-B300 – Stretch-Edges-Passing Routine - Russian U20

Key Points:

Skate on all the edges both front and back and get the feel of the puck passing in defense pair and forward line groups. Add a shot to get the goalies ready.

Description:

1. Skate around the ice and loosen up with stretches.
2. Stick twist, toe touch, body rotation.
3. Quad and groin stretch hip rotation.
4. Edges – front and back with outside, inside edges - crossover forward and backward.
5. Forward units and defense pairs pass while skating around the ice.
6. Start passing while skating easy and then speed up.

**This hockey specific warm-up activates the body and mind and now the players are ready to practice.*

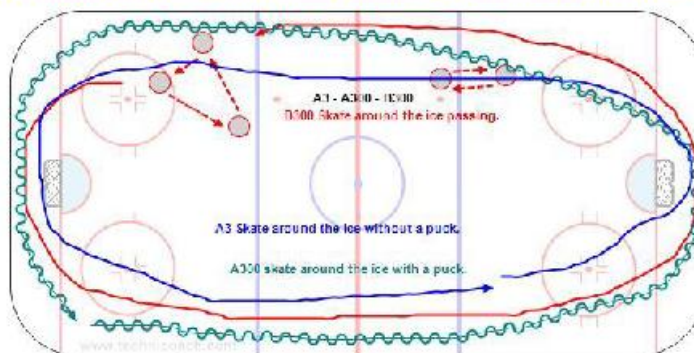
A3 – Stretch-Edges Routine - Russian U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150806102334324>

<https://youtu.be/9MoUk8PhyM>

B300 - Passing 2-3 Players - Russian U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150806102335868>



A3-B500 Skills Warm up Routine

Key Points:

It is important for all players to have a puck on their stick. Multi pucks overload the nervous system. Split vision is developed as a tacit skill in crowded situations. Develop routines to minimize talking time and maximize puck time.

Description:

1. Start with players skating around the ice one lap each with 3 pucks then 2 then 1.
2. Goalies carry the multi pucks and go in the net when down to one for shots.
3. With one puck do the Russian big moves and shoot at each end.
4. All players move to the middle zone and carry a puck.
5. Partner pass with two pucks, parallel and one fwd one bkwd. Partners work 1-1 skills skating around each other.
 - a. Fast for about 5" on the whistle.
 - b. Add specific moves like the toe drag.
 - c. Add escape moves like a tight turn.
 - d. Players now exchange pucks for 60".
 - e. Keepaway-start by removing 1 or 2 pucks each whistle.

A4 - Skating Skills 4 Lanes – Pro

Key Points:

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

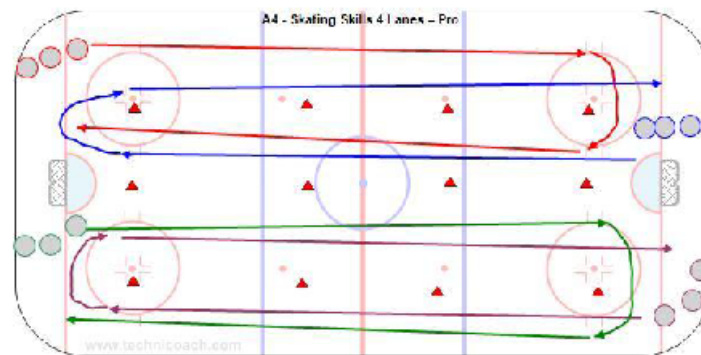
Description:

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>



B4 Crossover Skating and Skills

Key Points:

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks.

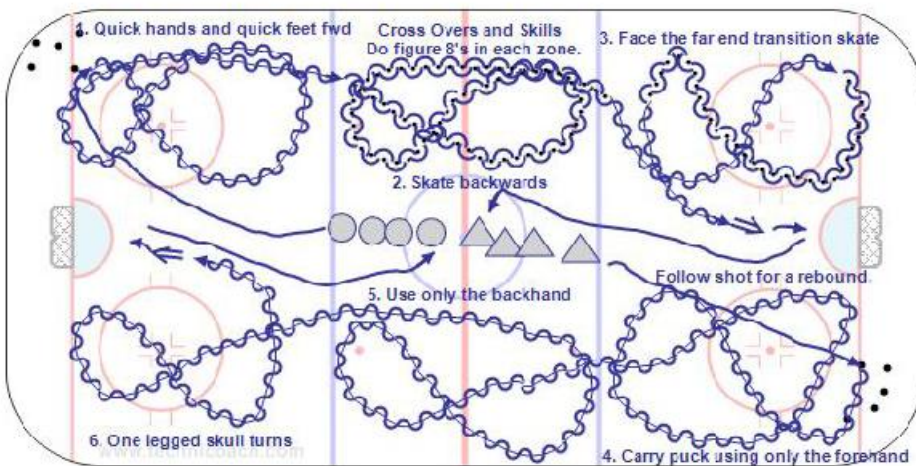
Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

Cross Overs and Skills

Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand. Follow shot for a rebound.
6. One legged skull turns



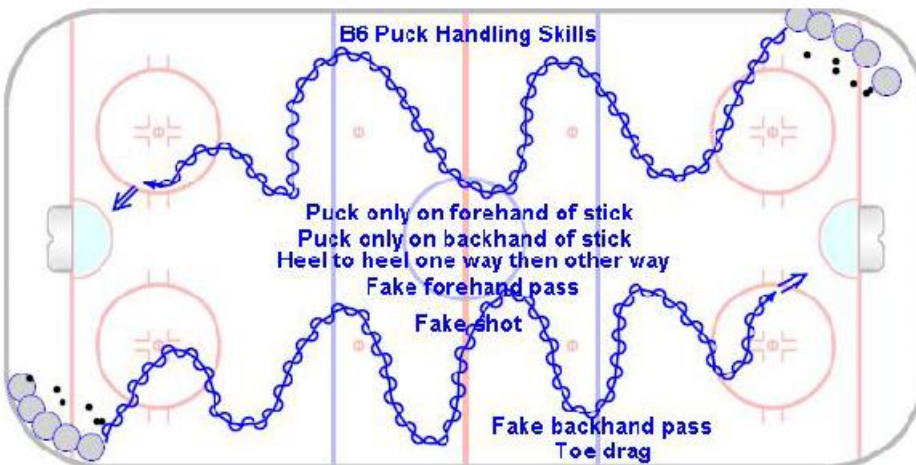
B6 Puck Handling Skills

Key Points:

Separate the movement of the upper and lower body by doing these exercises to loosen the shoulders.

Description:

1. Players line up in diagonal corners in the B6 Formation.
2. Skate in big arcs down the ice and perform different tasks with the puck.
 - a. Keep the hands and feet moving quickly.
 - b. Skate arcs with the puck only on the forehand side of the blade.
 - c. Skate arcs with the puck only on the backhand side of the blade.
 - d. Do heel to heel glides one way then the other.
 - e. Fake passes then protect the puck.
 - g. Fake shots.



A200 - Big Moves Led by 3 Players – Jasper Camp

Key Points:

Learn to carry the puck all around the body with loose shoulders, head up, quietly rolling the wrists and the bottom hand moving up and down the shaft. Allow the players to lead during practice.

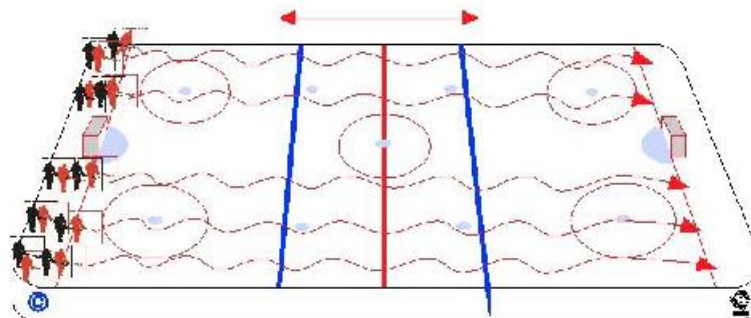
Routines allow for lots of reps in a short time. Introduce new moves. Players can do these exercises at home or as soon as they step on the ice. Shots can be added to this routine.

Description:

1. Three older players lead the exercises, demonstrate and the rest follow down the ice.
2. Reach as far back and forward with the puck, next pass the puck up from behind.
3. Eberle move, fake then pull the puck behind you with the back of the stick as you slide back.
4. Spin and pass the puck to yourself forward.
5. Fake backhand pass or shot and spin to the forehand.
6. Legs wide apart, hands close together, head-shoulder fakes, quick direction change.
7. Quick toe drag tight to the toes, fake going forehand then slide to the backhand side.
8. Fake backhand and move quickly across to the forehand.
9. Skate on direction and move the puck as far as possible the other direction.
10. Yo-yo the puck by pushing it in front and pull back with the toe of the stick.
11. Pass to yourself through the legs spinning to the backhand.
12. Crosby heel to heel slide alternate sides.
13. Pass to yourself in front of the defenders toes and behind the heel of the stick.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160804094925377>

https://youtu.be/b_t1-VDcO1c



A200 - Chaos Puck Protection and Shots – Pro

Key Points:

Protect the puck with the legs and body. Make fakes and hard cuts to warm-up. Take long shots if it is the start of practice. Hit the net.

Description:

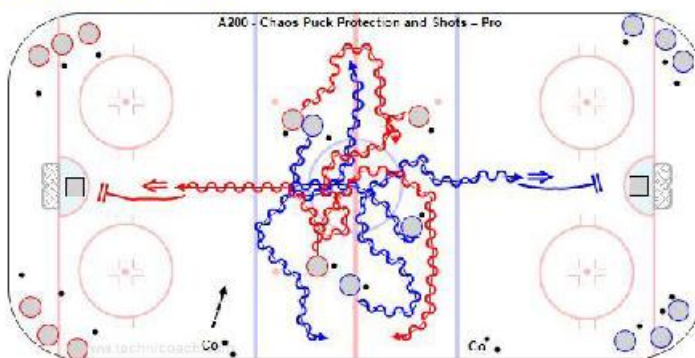
1. Three players skate into the neutral zone with a puck from each end.
2. Handle the puck and try to knock the puck off other players stick.
3. On whistle closest player to each net skate in and take a shot.
4. Coach pass to any player who lost the puck.

* This can also be an overspeed drill going as hard as you can.

* Add shooter rebound or screen after taking a shot, exchange passes with next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170329100243314>

<https://youtu.be/zejumMGDFIA>



D1-A2 Puck Dog

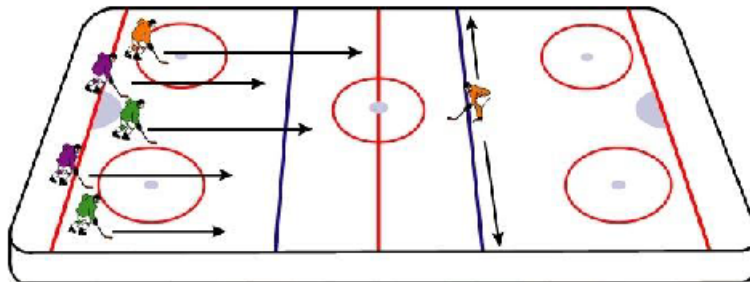
Key Points:

Encourage the players to use moves and fakes, change of pace and to protect the puck.

Description:

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

<http://hockeycoachingabcs.com/mediagallery/media.php?t=0&sort=0&s=20090802114801644>



A500 - Skating Agility and Skills Circuit – Pro

Key Points:

Keep the feet moving when carrying the puck and passing. Carry in the triple threat position and don't cross the hands on the tight forehand turn if under pressure.

Description:

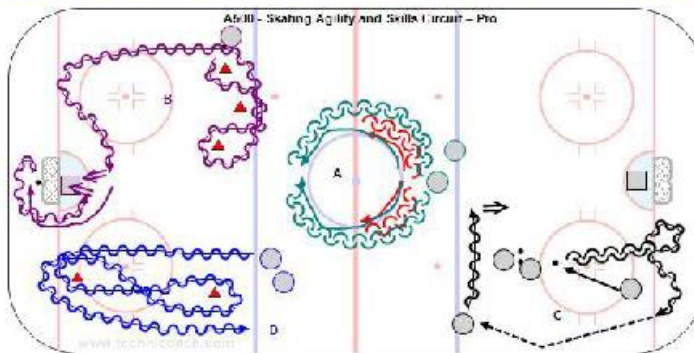
A – Skate around the circle facing the dot. Left $\frac{1}{4}$, $\frac{1}{2}$, Right $\frac{1}{4}$, $\frac{1}{2}$. Alternate between forward and backward skating.

B – Weave through 3 pylons near the blueline, cut in from below goal line-shoot, get a puck behind the net and walk out-shoot.

C – Defensemen skate to top of circle, get a puck and skate back, tight inside turn, skate toward the corner and pass to the pointman-drag and shoot.

D – Leave with a puck from the blue line and skate to the goal line. Skate a figure 8 starting outside then turn inside at the blue line, outside low and hard to the blue line.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150719104730786>



A500 - Tight Turn 8's - Sweden 7

Key Points:

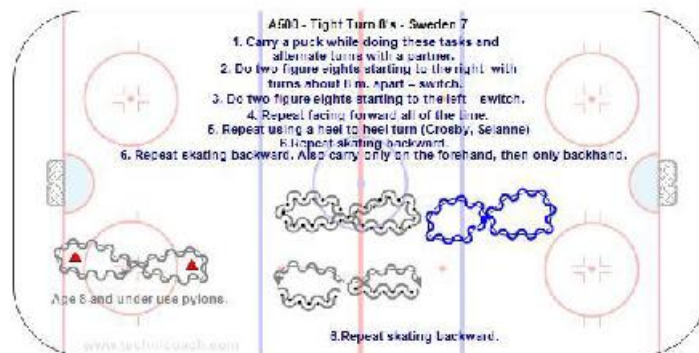
Tight turn with knees bent and inside leg in front. On the forehand turn do as the goalie in the video and keep the top hand at the side and elbow back. Don't cross your hands as you cannot shoot or pass right away (new thought being taught now).

Description:

1. Carry a puck while doing these tasks and alternate turns with a partner.
2. Do two figure eights starting to the right with turns about 8 m. apart – switch.
3. Do two figure eights starting to the left – switch.
4. Repeat facing forward all of the time.
5. Repeat using a heel to heel turn (Crosby, Selanne)
6. Repeat skating backward. Also carry only on the forehand, then only backhand.

**Avoid using pylons as repeating in the same spot ruins the ice. Players can figure out how to do a number 8 as they all go to school. There are enough lines and dots on the ice to use as guidelines without the pylons (after players are 100 lbs. or 45 kg.)*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506141803832>



A500 - Tight Turn 8's - Sweden 7

Key Points:

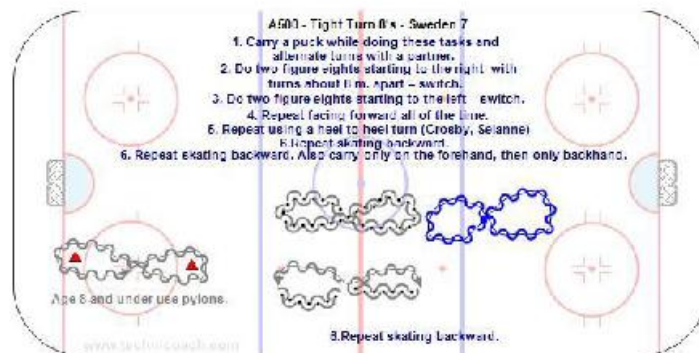
Tight turn with knees bent and inside leg in front. On the forehand turn do as the goalie in the video and keep the top hand at the side and elbow back. Don't cross your hands as you cannot shoot or pass right away (new thought being taught now).

Description:

1. Carry a puck while doing these tasks and alternate turns with a partner.
2. Do two figure eights starting to the right with turns about 8 m. apart – switch.
3. Do two figure eights starting to the left – switch.
4. Repeat facing forward all of the time.
5. Repeat using a heel to heel turn (Crosby, Selanne)
6. Repeat skating backward. Also carry only on the forehand, then only backhand.

**Avoid using pylons as repeating in the same spot ruins the ice. Players can figure out how to do a number 8 as they all go to school. There are enough lines and dots on the ice to use as guidelines without the pylons (after players are 100 lbs. or 45 kg.)*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506141803832>



A500 - Two Puckhandle vs Coach x 4 – Pro

Key Points:

This is an Overspeed puck protection drill. Use tight turns, hard fakes and always protect the puck.

Description:

1. Group of 4 players and one coach at each circle.
2. Two players go at a time and handle the puck for 10" inside the circle.
3. This is an overspeed drill and the players skate hard with tight turns and always protect the puck.
4. Next two players start right away on the whistle.

* This same organization could be used to practice passing while always facing the puck.

* The players could rotate in and be the passive checker if there aren't enough coaches.

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A500 - Waggle - Fake Inside Go Outside - Sweden 6

Key Points:

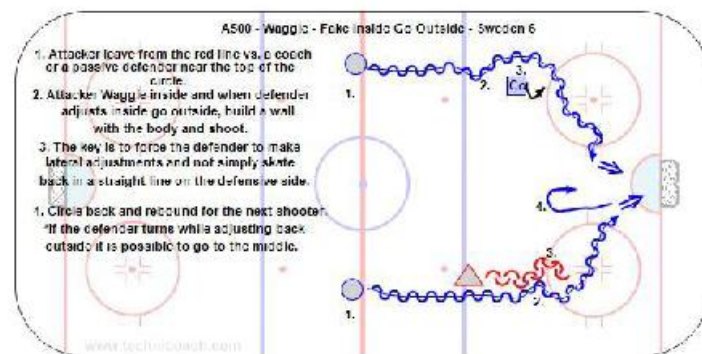
The defender will always protect the middle so the attacker skate inside and when the defender adjusts inside then Waggle by accelerating outside and go wide. Once the attacker is past the defender's shoulder then build a wall with the body to protect the puck and cut in. Cutting back inside is also possible.

Description:

1. Attacker leave from the red line vs. a coach or a passive defender near the top of the circle.
2. Attacker Waggle inside and when defender adjusts inside go outside, build a wall with the body and shoot.
3. The key is to force the defender to make lateral adjustments and not simply skate back in a straight line on the defensive side.
4. Circle back and rebound for the next shooter.

*If the defender turns while adjusting back outside it is possible to go to the middle.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20140506141023321>



A - Puck Handling Technique - Grip and Side to Side

Key Points:

Hold the stick with the fingers: the top hand stays on the top and the bottom hand slides up and down the shaft. The thumbs point down in a 'V' to allow the wrists to roll.

Description:

- Roll the wrists in opposite directions with the hands away from the body.
- Reach as far as you can left and right with the bottom hand sliding up and down the shaft.
- Cup the puck with both sides of the blade.
- Do movements smoothly without much noise.
- Transfer the weight from side to side.

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A200 - Puck Handling – Pro

Key Points:

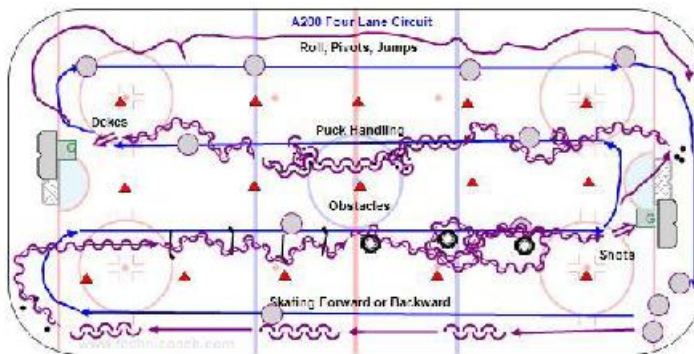
Handle the puck all around the body. Loosen the shoulders and roll the wrists. Stick handle quietly and softly. You must be able to move the puck side to side, so the stick is too long if you cannot do this and too short if you are too bent over to see up ice. Separate the movement of the upper and lower 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 - Puck Handling - U17

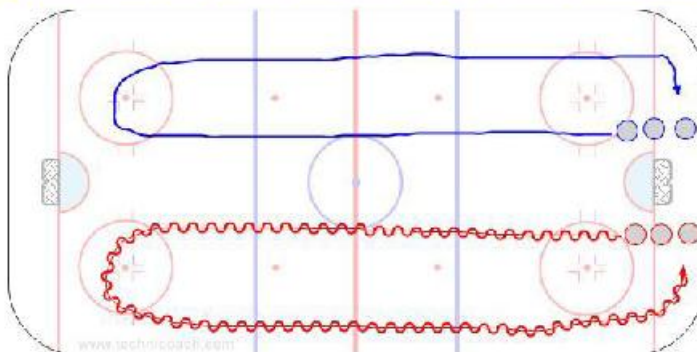
Key Points:

Use big moves and loosen the shoulders. These exercises help develop a player who can handle the puck all around the body.

Description:

1. Two lines skate down the middle and back down the sides.
2. Scooter with both skates on the ice and carry the puck making head and shoulder fakes. Hands close together and legs wide apart.
3. Scooter on both skates and carry the puck at the side in the 'Triple Threat Position.' Now the player is ready to shoot, pass or carry the puck.
4. Alternate between the backhand and forehand 'Triple Threat'. Fake hard to one side and quickly pull the puck to the other side. Protect the puck with the body.
5. Carry the puck with the top hand and do big cross-overs on the inside edges. An option that develops shoulder mobility is to skate one way and move the puck the other way. Keep the puck on one side of the blade each direction.
6. Keep the puck only on the forehand side of the blade.
7. Big cross-overs on the outside edges and carry the puck on the backhand side of the blade. Only one side of the blade causes the shoulders to loosen and increases the size of the moves.

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A200 - Puck Handling Warm-up - Skill Camp

Key Points:

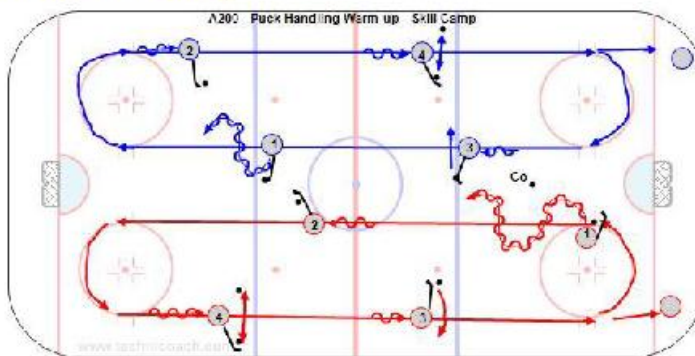
Loosen the shoulders and use big moves. Keep the hands away from the body. Make hard fakes. Puck handle quietly. Use this flow to practice many more moves and fakes.

Key Points:

1. Zig-zag down the ice and keep the puck only on the forehand of the blade. Add doing this with the puck only on the backhand.
2. Fake a shot by dropping the shoulder as if you were shooting, do this on the forehand and backhand.
3. Fake a backhand pass and pull the puck across.
4. Handle two pucks with one on the backhand and the other on the forehand.
5. Handle three pucks at once.

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A200 Agility Skate - Pass - Shoot - U18F

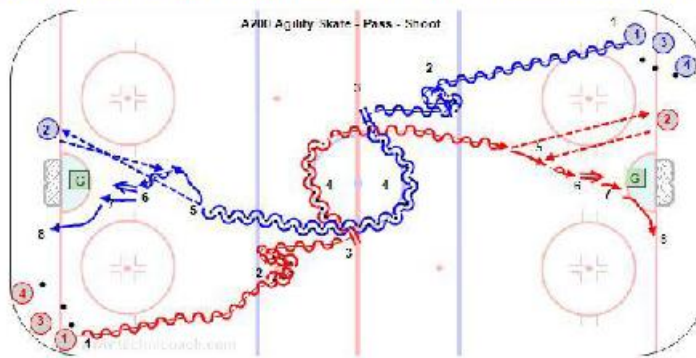
Key Points:

First player skate at full speed with the puck. Pass hard and give a target for the return pass. Hit the net and follow the shot for a rebound. Keep the head up all of the time. Players leave on their own when the player in front crosses the far blue line.

Description:

1. Leave with a puck from diagonal corners.
2. Transition skate hard around the face-off dot back to the blue line and up to the red line.
3. Stop at the red line.
4. Around the bottom of the circle while facing the far end.
5. Pass to 2 on the goal line and get a return pass.
6. Shoot.
7. Follow the shot for a rebound.
8. Skate to the goal line to give and go with the next attacker.

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A200 Agility Skate and Puck Handle

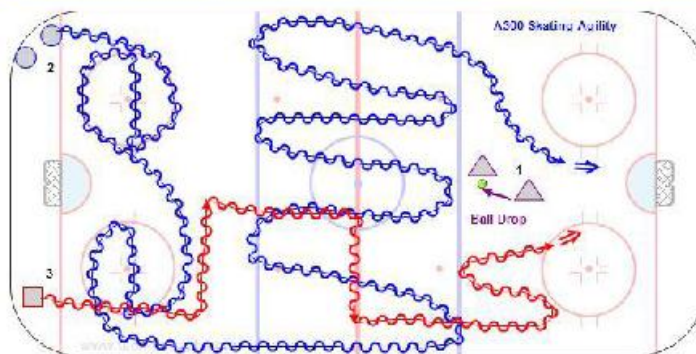
Key Points:

Stress quick changes of direction while controlling the puck.

Description:

1. One player drop a tennis ball and the other is about 5m. away and sprints to get it before it hits a second time.
2. Up-around top of circle-across-around bottom and then other circle. Forward and backward 3 times in nzone and then a shot.
3. Skate to top of circle, across-up-across red line-up and back from top of circle to blue line and then shoot.

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A200 Big Moves _ Russian Warm-up – Yashin

Key Points:

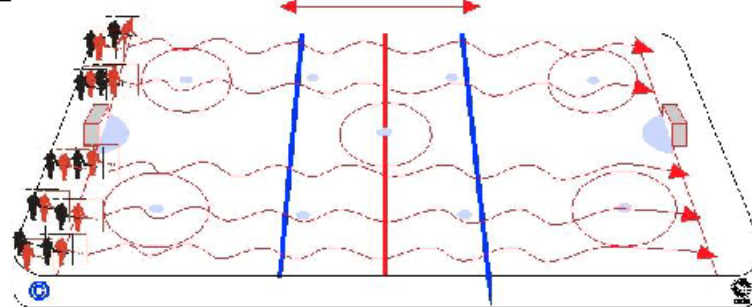
Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description:

- Skate away from the puck. Skate right reach left and skate left and reach right.
- Reach as far forward and back as you can using the top hand.
- Put the puck from the stick to inside and outside edges back to the stick.
- Move puck from behind to front through skate forehand and backhand.
- Escape moves backward with the puck and tight turns each way.
- Fake a shot and go left then right. Spin on backhand.
- Touch each knee while skating.
- Yo-yo the puck give it and take it away.
- Toe drag fake inside and pull the puck back while sliding back.
- Bring the puck from behind to in front through the skates on forehand.
- Bring the puck from behind to in front through the skates on backhand.
- Skate fake inside and go outside.

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

<https://youtu.be/9lxTyEp6DM0>



A200 Big Moves _ Russian Warm-up

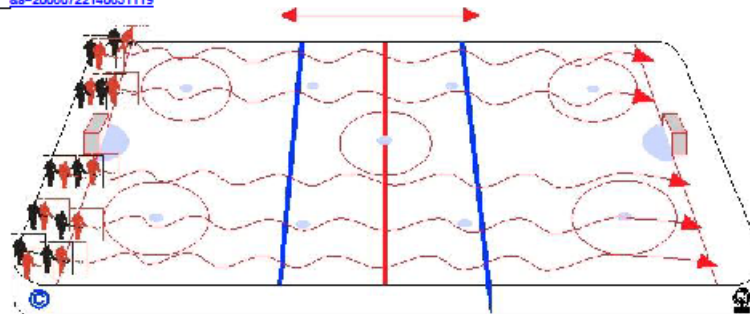
Key Points:

Increase the size of the moves by reaching as far as possible with the puck.
Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description:

- Skate away from the puck. Skate right reach left and skate left and reach right.
- Reach as far forward and back as you can using the top hand.
- Put the puck from the stick to inside and outside edges back to the stick.
- Move puck from behind to front through skate forehand and backhand.
- Escape moves backward with the puck and tight turns each way.
- Fake a shot and go left then right. Spin on backhand.
- Touch each knee while skating.
- Yo-yo the puck give it and take it away.
- Toe drag fake inside and pull the puck back while sliding back.
- Bring the puck from behind to in front through the skates on forehand.
- Bring the puck from behind to in front through the skates on backhand.
- Skate fake inside and go outside.

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A200 Chaos Puck Handling

Key Points:

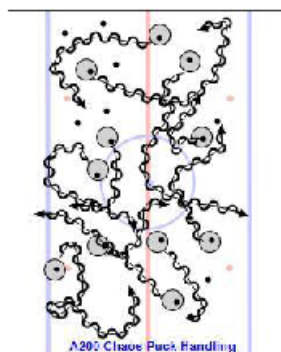
Make moves, protect the puck, go hard on the whistle. Designate moves, add pucks, play keepaway, use ball, multiple pucks, etc.

Description:

1. Carry a puck and protect it while skating in random directions. Stay in the zone.
2. Go hard for about 5" on the whistle and slow down on the next whistle.
3. Coach designate the move to be practiced, i.e, tight turn when you approach someone.
4. Exchange pucks-pass with eye contact.
5. Spread pucks around which also must be avoided.
6. Keepaway-coach take a puck away every 10".

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<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722090624390>



A200 Four Lane Circuit

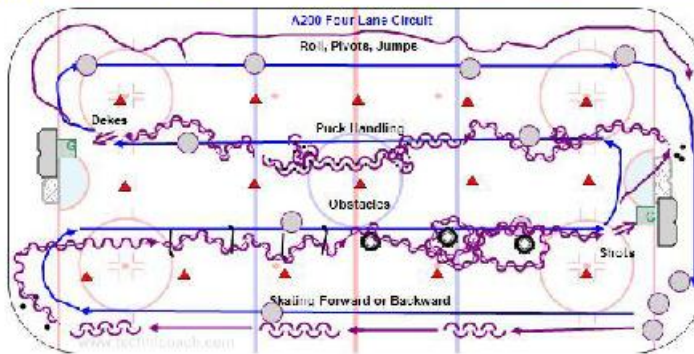
Key Points:

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.

A200 Puck Handling Circuit

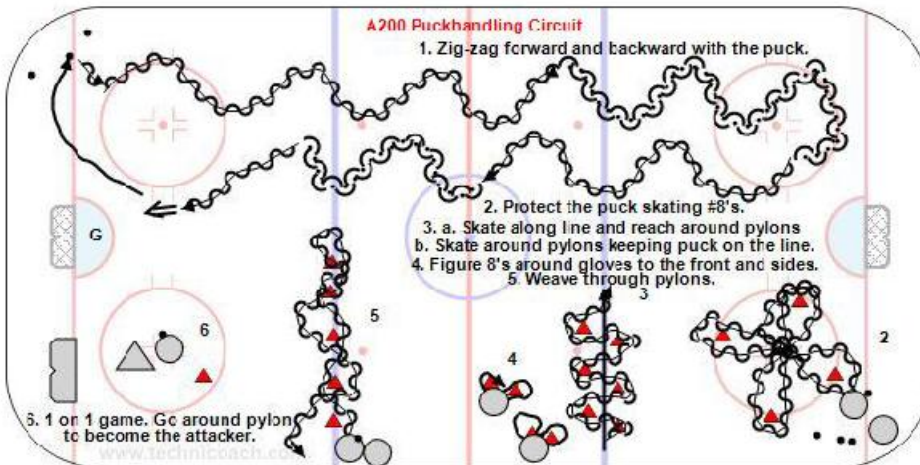
Key Points:

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

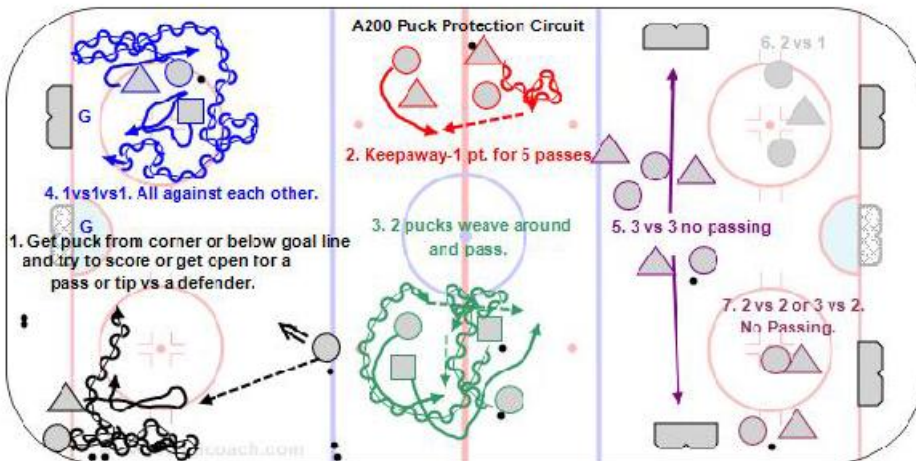
Key Points:

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.
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:

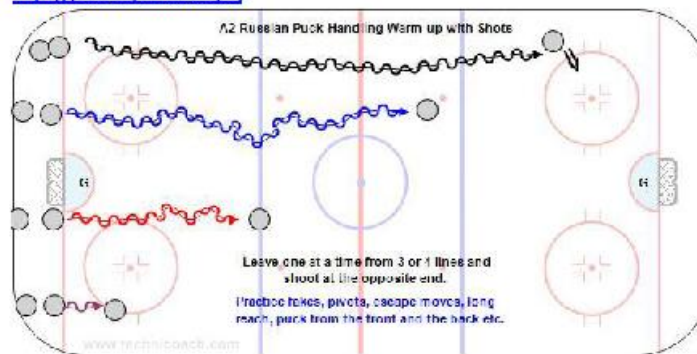
Make hard fakes and sell them to the defender. Separate the movement of the upper and lower body. Create puck handling sequences that flow together. Learn to use the forehand and the backhand and have loose shoulders and the hands away from the body. Don't over handle the puck.

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 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>

<https://youtu.be/hWArS-S2qKQ>



A200 Russian Puck Handling – Fake Shots and Finnish with a Shot

Key Points:

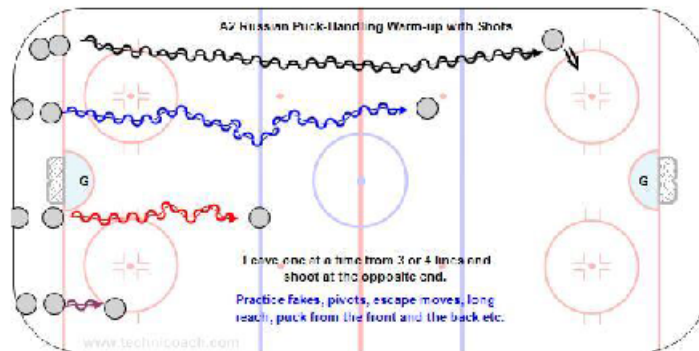
The idea of stick handling is to protect the puck from the opponent or to make him/her reach or straighten their knees and then go around them. Vladimir Jursinov is probably the most successful skills coach in the world. This Soviet and Russian Olympic coach has helped more than 65 players into the NHL from his teams. He leads a group of 15-20 years olds in a fake shot sequence.

Description:

Players are in four lines and do multiple fake shots and moves, then finish with a shot.

- . Practice Faking a slapshot with a hard back swing.
- . 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.

<http://www.hockeycoachingabc.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.

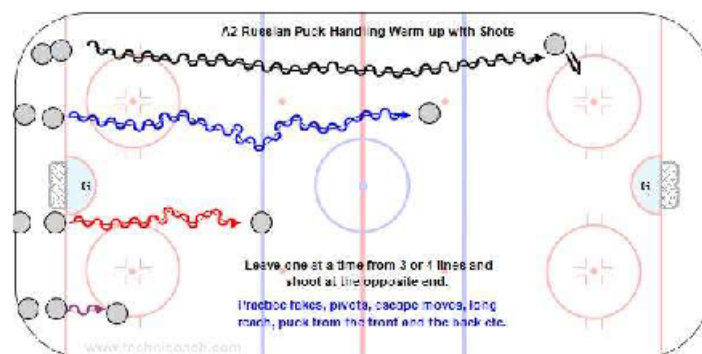
Description:

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

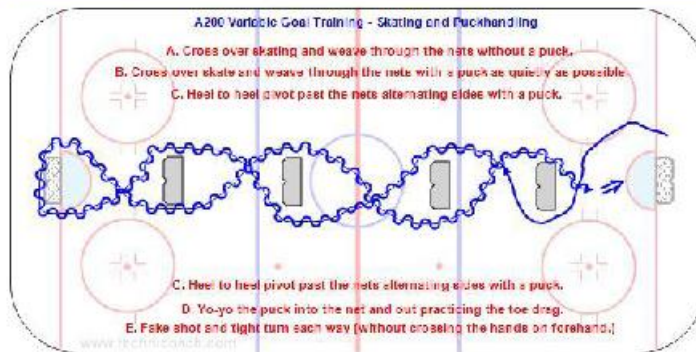
Key Points:

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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A202 - 3-0 Chaos Overspeed x 2 - U17

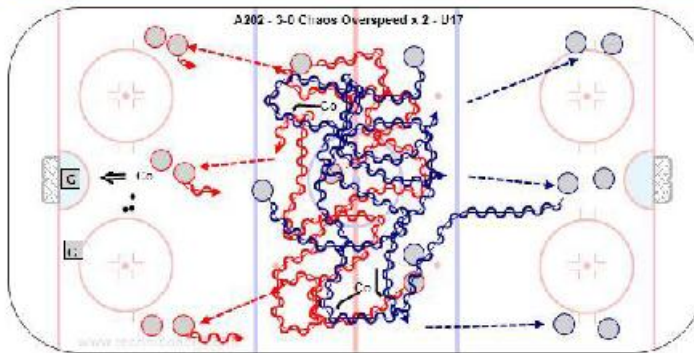
Key Points:

Go as fast as you can and make fakes, tight turns and protect the puck vs. coaches.

Description:

1. Start from the top of the circles in 3 lines.
2. Skate at full speed in the neutral zone.
3. Avoid other players and poke checks by coaches.
4. Make dekes, tight turns, fakes.
5. Pass to the front of the next line.

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A202 - Chaos Puck Protection - Pro

Key Points:

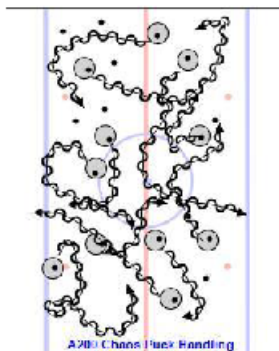
Protect the puck and keep the head up. Make moves and quick poke checks to knock other players pucks away. Great way to get the hands going at the start of practice.

Description:

1. Everyone start with a puck and you must stay between the blue lines.
2. Weave through in all directions protecting the puck.
3. Poke unprotected pucks off other players sticks.
4. Retrieve your puck if it is knocked away.
5. Go hard on the whistles.
6. Keep track of how many times you lose the puck.

*This can be used as part of the warm-up while the goalies work at one end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150517091300847>



A300 Big Moves _ Russian Warm-up

Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description:

- Skate away from the puck. Skate right reach left and skate left and reach right.
- Reach as far forward and back as you can using the top hand.
- Yo-yo the puck give it and take it away.
- Toe drag fake inside and pull the puck back while sliding back.
- Bring the puck from behind to in front through the skates on forehand.
- Bring the puck from behind to in front through the skates on backhand.
- Skate fake inside and go outside.

Nervous System Overload

- Carry two pucks at once; keep them in front and within a stick length.
- Carry three pucks at once.
- Carry four pucks at once.
- Carry one wiffle ball and three pucks to change the feel and weight.
- Carry a wiffle ball and sponge puck at once.
- Carry wiffle ball, sponge puck and racquet ball at the same time.
- Carry a small soccer ball with the feet.
- Handle a small soccer ball with the feet and a puck with the stick.

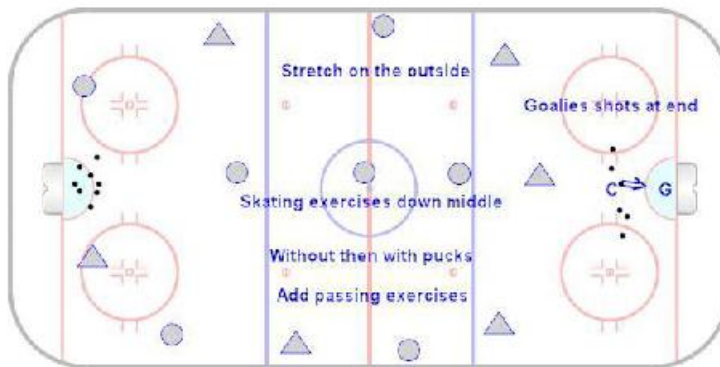
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A3 Puck Handling Warm up

Players skate around the ice and practice stickhandling moves all around the body, in the feet and try to separate the movement of the upper and lower body.

This was filmed at a camp in Jihlava, Czech Republic.

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A300 Edges and Puck Handling – Shot – Finland Pro

Key Points:

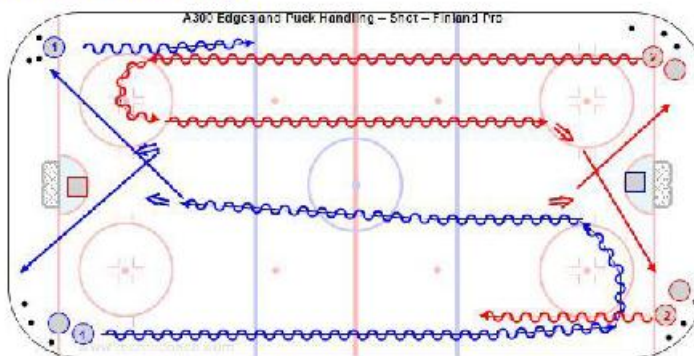
Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

Description:

1. Blues leave from diagonal corners and skate down the outside lane.
2. Both groups skate down the middle in opposite directions.
3. Be about 5 metres apart and take a shot on net.
4. Go to the other corner after shooting and wait for the next exercise.
5. Exercises are done with a puck while zig-zagging in and out.
 - a. Forward skate and alternate on the front inside edges.
 - b. Backward skate and alternate on the inside edges.
 - c. Skate forward and cross-over alternating on the outside edges.
 - d. Skate backward and cross-over alternating on the outside edges.
 - e. Open hip turn each way.
 - f. Slalom and reach as far as possible with the puck the opposite way.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20121108114316285>

https://youtu.be/U6P_rqnU810



A300 Edges and Puck Handling – Shot – Finland Pro

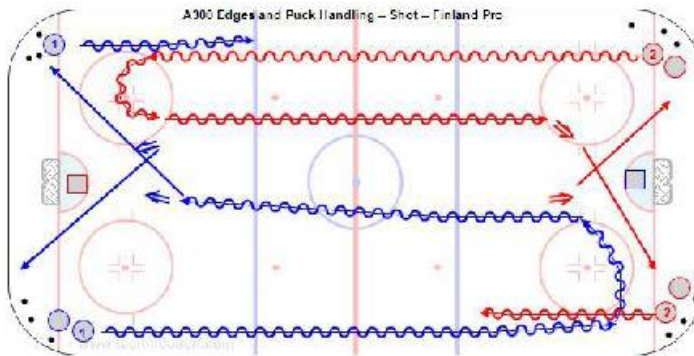
Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

Description:

1. Blues leave from diagonal corners and skate down the outside lane.
2. Both groups skate down the middle in opposite directions.
3. Be about 5 metres apart and take a shot on net.
4. Go to the other corner after shooting and wait for the next exercise.
5. Exercises are done with a puck while zig-zagging in and out.
 - a. Forward skate and alternate on the front inside edges.
 - b. Backward skate and alternate on the inside edges.
 - c. Skate forward and cross-over alternating on the outside edges.
 - d. Skate backward and cross-over alternating on the outside edges.
 - e. Open hip turn each way.
 - f. Slalom and reach as far as possible with the puck the opposite way.

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A300 Individual Puck Handling Practice

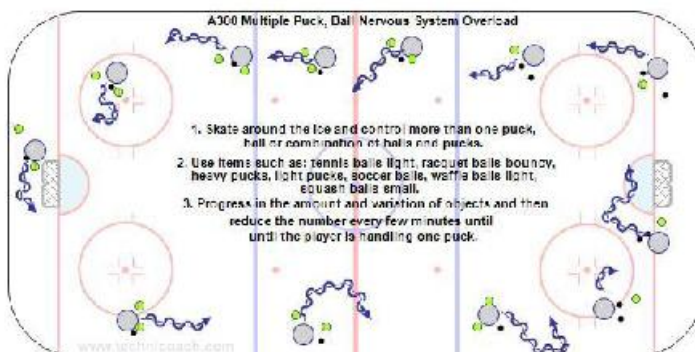
Key Points:

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 Multiple Puck, Ball Nervous System Overload

Key Points:

Use two or more balls, pucks of different sizes, weights, bounciness to overload the nervous system.

Description:

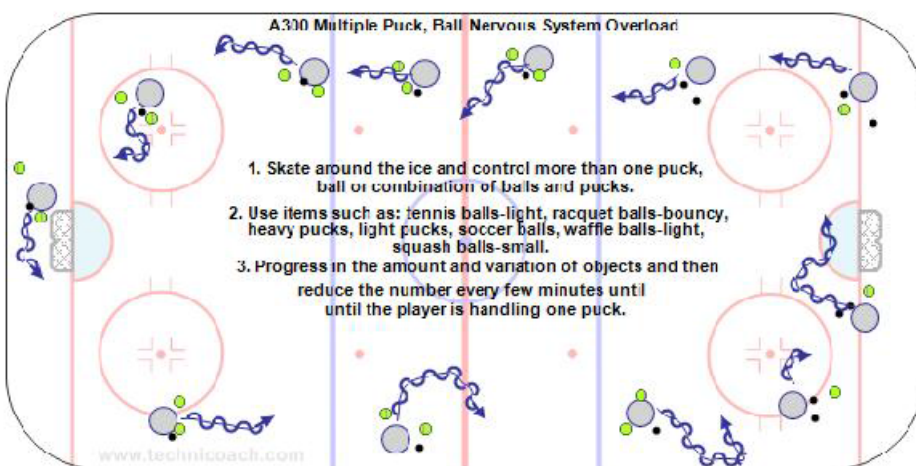
1. Skate around the ice and control more than one puck, ball or combination of balls and pucks.
2. Use items such as: tennis balls-light, racquet balls-bouncy, heavy pucks, light pucks, soccer balls, waffle balls-light, squash balls-small. The nervous system has to adjust to each weight and size and control the amount of pressure applied on each object.
3. Progress in the amount and variation of objects and then reduce the number every few minutes until the player is handling one puck.

-A routine I have a pro player do is; skate around the ice with a tennis, racquet and hockey ball. After one lap I take away the hockey ball and replace it with a puck, another lap and I replace the tennis ball with another puck, third lap I take away the racquet ball and now he has 3 pucks. After a lap two pucks putting them back to the skates and on the stick. Then one puck doing the Russian big moves all around and thru the body.

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A300 One Touch Warm-up Slovakia U20

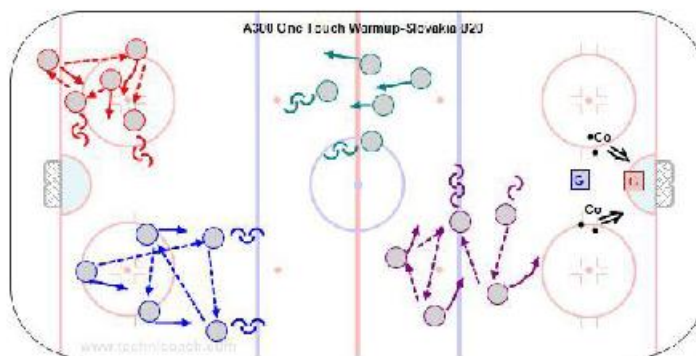
Key Points:

Move the puck to everyone in the group facing the puck at all times. Goalies warm up with the coaches. Do this instead of aimlessly skating around the ice with a puck at the start of practice.

Description:

1. Players skate around in their 5 man units.
2. One touch pass the puck to each other.
3. Coaches warm up the goalies at one end.
4. Do this for about 3 - 5 minutes.
5. Blocks of 5 players could move onto 3-2 Keepaway.

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A300 Partner Passing Route

Key Points:

Pass while skating. Give a target and use wrist passes.

Description:

1. Two players pass together.
2. Three players pass with one skating backwards.



A300 Puck Handling vs. Defender Warm-up

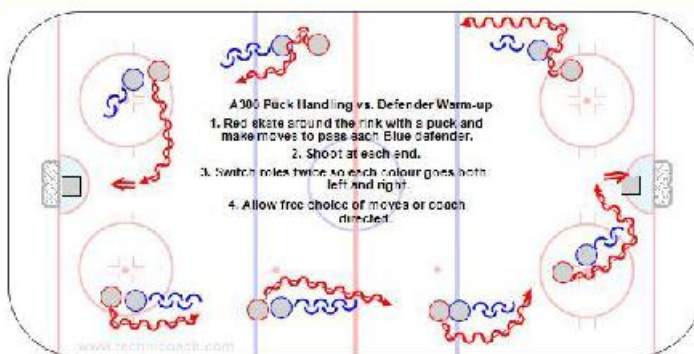
Key Points:

Defend passively and allow the attacker to make moves.

Description:

1. Red skate around the rink with a puck and make moves to pass each Blue defender.
2. Shoot at each end.
3. Switch roles twice so each colour goes both left and right.
4. Allow free choice of moves or coach directed.

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A300 Puckhandle and Shot-U22

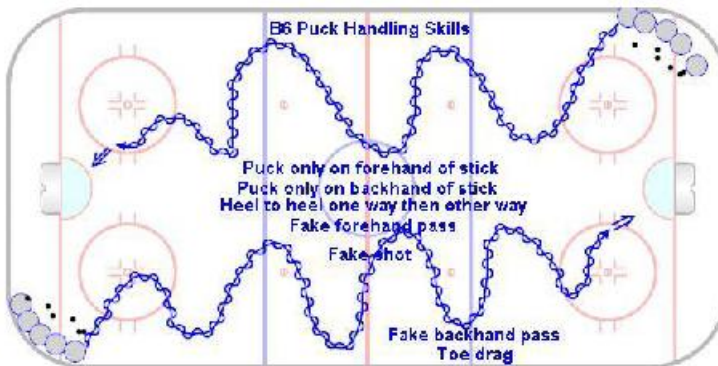
Key Points:

Players should do many moves down the ice and learn to shoot while skating and then follow the shot for a rebound. Work on loosening the shoulders and the ability to handle the puck with big moves all around the body.

Description:

1. Players line up in diagonal corners.
2. Leave and do various puck handling moves down the ice.
3. Next player leave about 3" later so the line up keeps moving.
4. Shoot and follow the shot.
5. Circle back and rebound for the next shooter.

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A300 Shoot-Rebound-Walk In-Walk out - Swedish U20

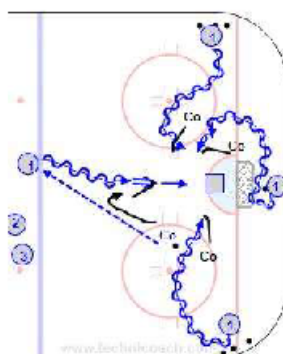
Key Points:

Shoot while skating and follow the shot for a rebound. Fake and build a wall to protect the puck. Block off the checker with your legs and back.

Description:

1. Get a pass from the coach at the blue line, skate in and shoot while moving then follow the shot for a rebound.
2. Goalie place a puck behind the net and the attacker fake and walk out while protecting the puck from the defenders stick.
3. Attacker skate to the corner and get a puck and walk in while protecting the puck and get a shot and look for a rebound.
4. Repeat the walk in from the other corner.

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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.

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A300 Skill Session 1A 1B

Key Points:

Overload the nervous system with tasks for the hands and feet, many objects, skating and balance exercises without then with a puck.

Practice redirecting hard passes over the goalie pad and shoot in rebounds. Add give and go passes. Either one player and a coach or a circuit for a team. Place a 14"-31 cm board across the goal line.

Player must always try to score. With multiple balls and pucks keep them within a stick length and little noise.

Description:

1. Skate edges and puck handling warm up.

a. snow plow

b. scooter

c. swivel

d. slalom

e. one foot - forward down return backward.

2. Repeat while moving a puck all around the body. Forward down and return backward.

3. Soccer ball-a. carry around the rink in the skates b. ball in the feet and puck on the stick c. ball in the feet and pass the puck with coach

4. Carry 4 different kind of balls what are shaped differently, different bounce and weight. After each lap leave one ball and add one puck until 4 pucks. 1. Handle 4 different balls in figure 8's.

5. Carry 1 puck only on the forehand and facing the middle.

6. Give and go random pucks-one hard move around a net and score. 10 pucks - keep score.

7. Hard pass and one touch it in with the stick facing the net. Put in rebounds.

A300 Tight Turn Circuit

A300 Tight Turn Circuit

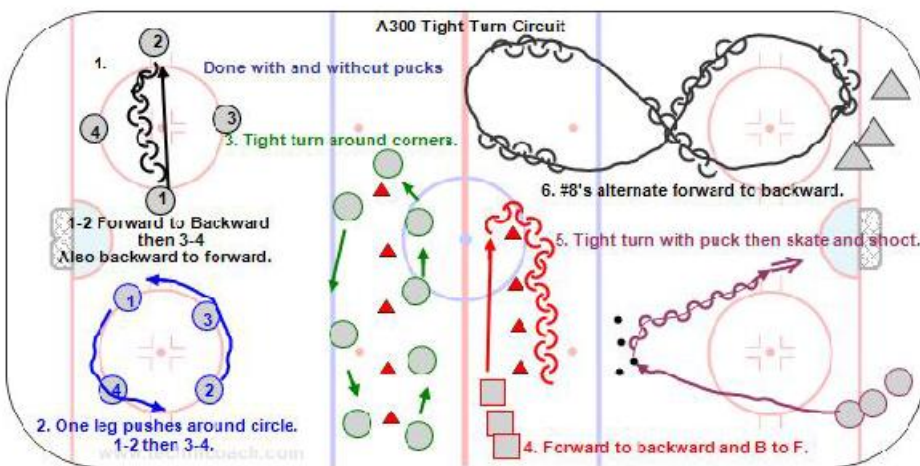
Key Points:

Use all of the edges with a good knee bend to change directions. Shoulders lead the turn.
Start without pucks and then add pucks.

Description:

- 1-2 forward to backward then 3-4. Also backward to forward.
- One leg pushes around circle. 1-2 then 3-4.
- Tight turn around corners.
- Forward to backward and B to F.
- Tight turn with puck then skate and shoot.
- #8's alternate forward to backward.

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A300 Tight Turns-Three Hard Strides-Shot

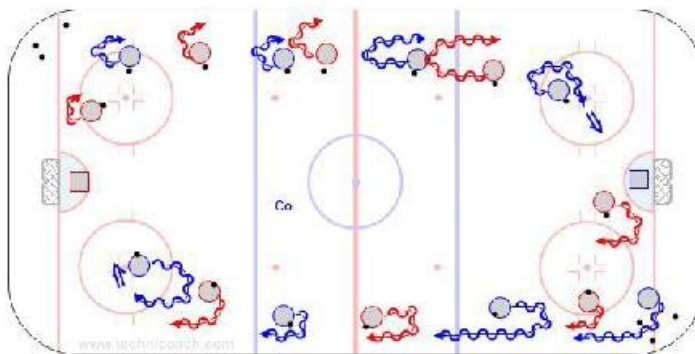
Key Points:

Tight turn towards the boards and take three hard strides. Shoot while skating.

Description:

1. All of the players have a puck and skate around the rink.
2. On the coaches whistle turn towards the boards and take three hard strides and then slow up.
3. Next whistle tight turn toward the boards and go the other direction.
4. Shoot at both ends.

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A300 Toe Drag and Finish with a Shot

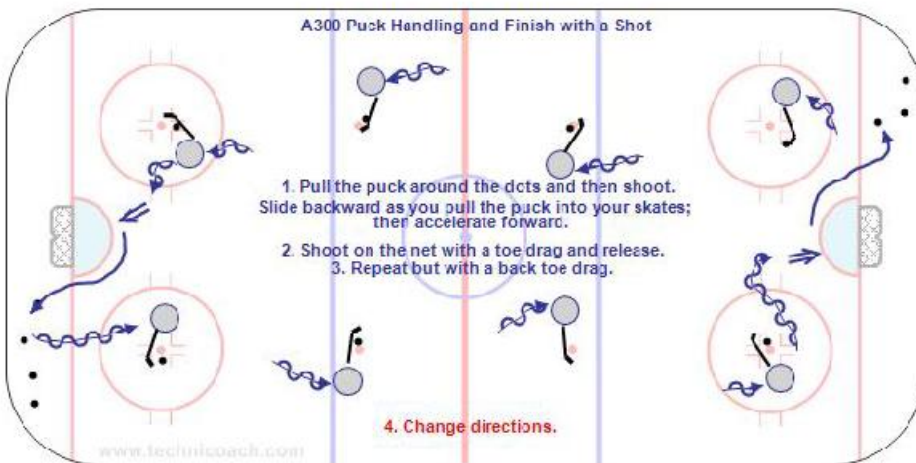
Key Points:

Keep your hands away from the body. Roll the wrists especially with the top hand and slide the bottom hand up the stick. Give a hard fake to the inside to lure the defender then pull the puck across while you slide away and around him.

Description:

1. Pull the puck around the dots and then shoot. Slide backward as you pull the puck into your skates; then accelerate forward.
2. Shoot on the net with a toe drag and release.
3. Repeat but with a back toe drag.
4. Change directions.

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A300 x 2 Skating and Puck Handling Warm-up with Shots

Key Points:

Do various moves with the puck and finish with a shot.

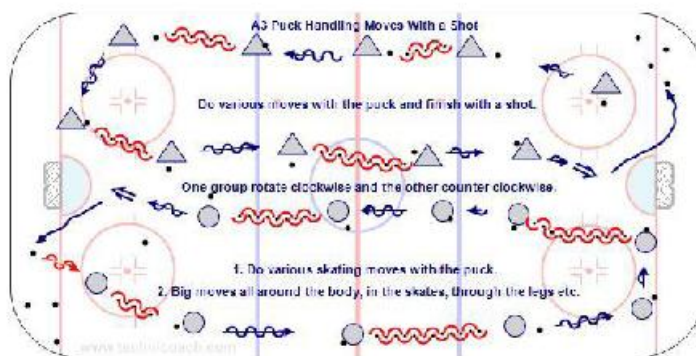
Description:

One group rotate clockwise and the other counter clockwise.

1. Do various skating moves with the puck.

2. Big moves all around the body, in the skates, through the legs etc.

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A400 - Puck Handling Skills 4 Lanes – Pro

Key Points:

Practice various puck handling moves or skating skills. Add shots at the end of the lanes or obstacles to go around, under, over or through.

Description:

4 Lane Flow

Players who start at the inside lanes go.

- inside to outside behind net to far outside and back inside and back to line.

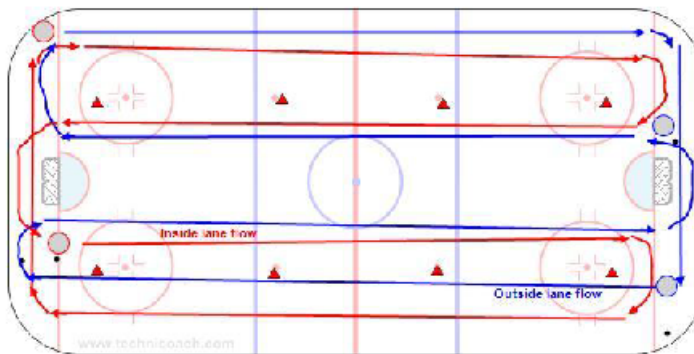
Players who start in outside lanes go.

- outside to inside, behind net to inside the other way then far outside and back to line.

Mission Impossible

* You can also make this into "Mission Impossible" where the players do tasks like skating through obstacles, they must score, jump over, slide under, stickhandle through a maze of pucks etc. If they fail they must go back to where they started and do it again. You give a time limit and half go and half are judges.

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A500 - Deke and Breakaway vs. Backchecker - Sweden 5

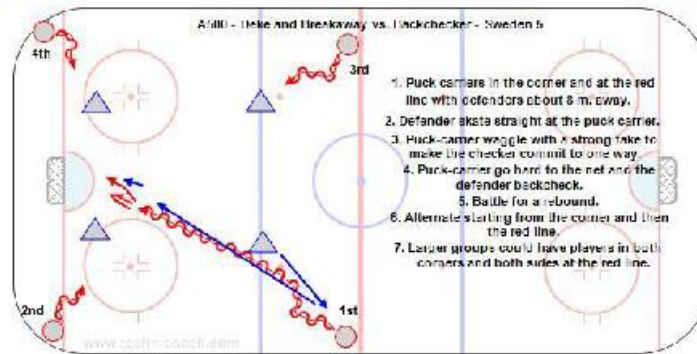
Key Points:

Use the Waggle with head and shoulder fakes skating one way and go the other way when the defender bites. Defender skate straight at the puck carrier and then backcheck when he goes by.

Description:

1. Puck carriers in the corner and at the red line with defenders about 8 m. away.
2. Defender skate straight at the puck carrier.
3. Puck-carrier waggle with a strong fake to make the checker commit to one way.
4. Puck-carrier go hard to the net and the defender backcheck.
5. Battle for a rebound.
6. Alternate starting from the corner and then the red line.
7. Larger groups could have players in both corners and both sides at the red line.

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A500 - Gretzky Move and Shot - Sweden 3

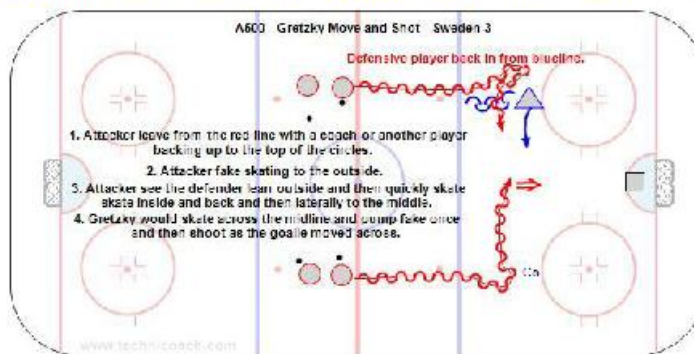
Key Points:

Attacker skate fake outside to draw the defender then cut across inside. Attacker recognize that defender has given up the blue line and force him to skate laterally by moving back and across to create space.

Description:

1. Attacker leave from the red line with a coach or another player backing up to the top of the circles.
2. Attacker fake skating to the outside.
3. Attacker see the defender lean outside and then quickly skate inside and back and then laterally to the middle.
4. Gretzky would skate across the midline and pump fake once and then shoot as the goalie moved across.

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A500 - Keepaway Inside Circle - Sweden 1

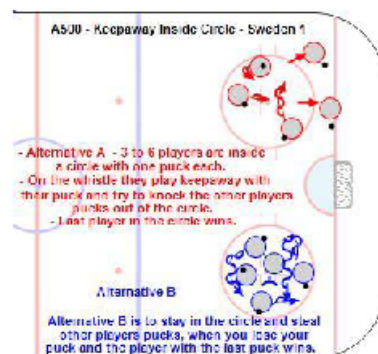
Key Points:

Protect the puck by shielding it with the body. Use head and shoulder fakes and escape moves.

Description:

- Alternative A - 3 to 6 players are inside a circle with one puck each.
- On the whistle they play keepaway with their puck and try to knock the other players pucks out of the circle.
- Last player in the circle wins.
- Alternative B is to stay in the circle and steal other players pucks when you lose your puck and the player with the last puck wins.

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A500 - Puck Protection - Sweden 2

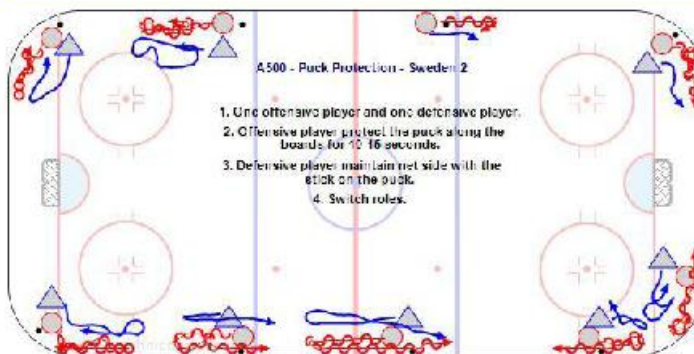
Key Points:

Protect the puck by shielding it with the body and using fakes and cutbacks. Absorb checks by putting the hands up on the glass while holding the stick with two hands. Defensive player should always have the stick on the puck.

Description:

1. One offensive player and one defensive player.
2. Offensive player protect the puck along the boards for 10-15 seconds.
3. Defensive player maintain net side with the stick on the puck.
4. Switch roles.

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A500 - Puck Protection - Sweden 2

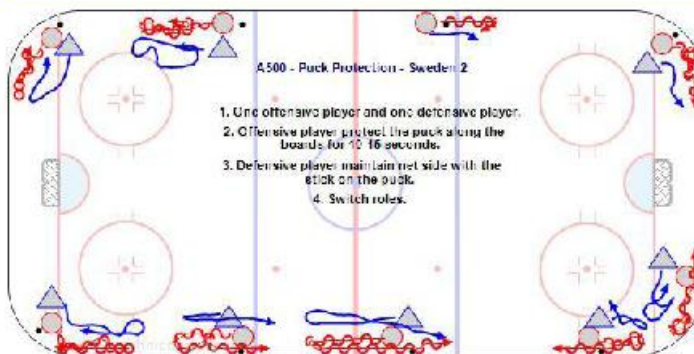
Key Points:

Protect the puck by shielding it with the body and using fakes and cutbacks. Absorb checks by putting the hands up on the glass while holding the stick with two hands. Defensive player should always have the stick on the puck.

Description:

1. One offensive player and one defensive player.
2. Offensive player protect the puck along the boards for 10-15 seconds.
3. Defensive player maintain net side with the stick on the puck.
4. Switch roles.

<http://www.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20140506133922483>



A500 - Skating Agility and Skills Circuit – Pro

Key Points:

Keep the feet moving when carrying the puck and passing. Carry in the triple threat position and don't cross the hands on the tight forehand turn if under pressure.

Description:

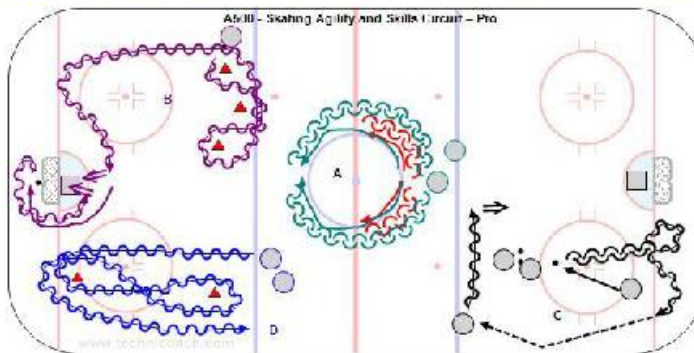
A – Skate around the circle facing the dot. Left $\frac{1}{4}$, $\frac{1}{2}$, Right $\frac{1}{4}$, $\frac{1}{2}$. Alternate between forward and backward skating.

B – Weave through 3 pylons near the blueline, cut in from below goal line-shoot, get a puck behind the net and walk out-shoot.

C – Defensemen skate to top of circle, get a puck and skate back, tight inside turn, skate toward the corner and pass to the pointman-drag and shoot.

D – Leave with a puck from the blue line and skate to the goal line. Skate a figure 8 starting outside then turn inside at the blue line, outside low and hard to the blue line.

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A500 - Tight Turn 8's - Sweden 7

Key Points:

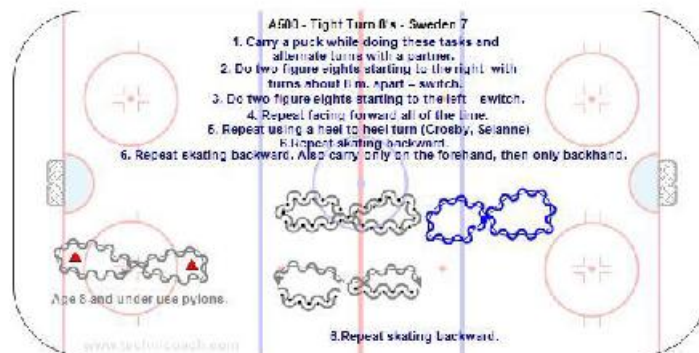
Tight turn with knees bent and inside leg in front. On the forehand turn do as the goalie in the video and keep the top hand at the side and elbow back. Don't cross your hands as you cannot shoot or pass right away (new thought being taught now).

Description:

1. Carry a puck while doing these tasks and alternate turns with a partner.
2. Do two figure eights starting to the right with turns about 8 m. apart – switch.
3. Do two figure eights starting to the left – switch.
4. Repeat facing forward all of the time.
5. Repeat using a heel to heel turn (Crosby, Selanne)
6. Repeat skating backward. Also carry only on the forehand, then only backhand.

**Avoid using pylons as repeating in the same spot ruins the ice. Players can figure out how to do a number 8 as they all go to school. There are enough lines and dots on the ice to use as guidelines without the pylons (after players are 100 lbs. or 45 kg.)*

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A500 - Two Puckhandle vs Coach x 4 – Pro

Key Points:

This is an Overspeed puck protection drill. Use tight turns, hard fakes and always protect the puck.

Description:

1. Group of 4 players and one coach at each circle.
2. Two players go at a time and handle the puck for 10" inside the circle.
3. This is an overspeed drill and the players skate hard with tight turns and always protect the puck.
4. Next two players start right away on the whistle.

* This same organization could be used to practice passing while always facing the puck.

* The players could rotate in and be the passive checker if there aren't enough coaches.

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A500 - Waggle - Fake Inside Go Outside - Sweden 6

Key Points:

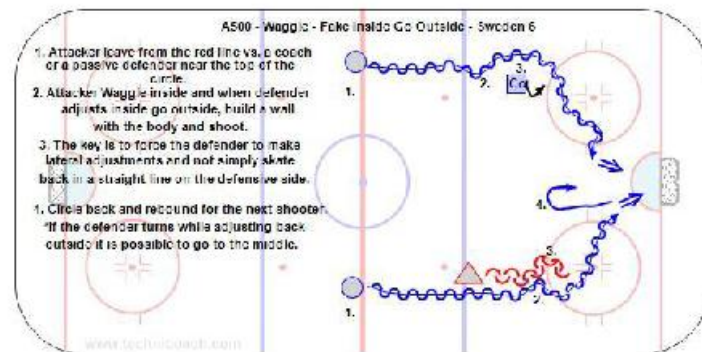
The defender will always protect the middle so the attacker skate inside and when the defender adjusts inside then Waggle by accelerating outside and go wide. Once the attacker is past the defender's shoulder then build a wall with the body to protect the puck and cut in. Cutting back inside is also possible.

Description:

1. Attacker leave from the red line vs. a coach or a passive defender near the top of the circle.
2. Attacker Waggle inside and when defender adjusts inside go outside, build a wall with the body and shoot.
3. The key is to force the defender to make lateral adjustments and not simply skate back in a straight line on the defensive side.
4. Circle back and rebound for the next shooter.

*If the defender turns while adjusting back outside it is possible to go to the middle.

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A - Puck Handling Technique - Grip and Side to Side

Key Points:

Hold the stick with the fingers: the top hand stays on the top and the bottom hand slides up and down the shaft. The thumbs point down in a 'V' to allow the wrists to roll.

Description:

- Roll the wrists in opposite directions with the hands away from the body.
- Reach as far as you can left and right with the bottom hand sliding up and down the shaft.
- Cup the puck with both sides of the blade.
- Do movements smoothly without much noise.
- Transfer the weight from side to side.

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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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