

## **A – Skating, Puck Handling, Shooting, Passing Skills**

A - Edges and Skating Posture – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7747#7747>

A - Skating Turns, Pivots, Stride – Dr. Gaston Gaston - U18 F

<https://youtu.be/p6U-RXmtPeg>

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

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8038#8038>

A - Warm-up With Puck - SW F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7823#7823>

A - Datsyuk - Stickhandling and Scoring

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140413101502608>

A Backward Skating Tag Game – Jursinov

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1014#1014>

A - Defensive Skating Progression – Wally Kozak

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6978&topic=7923#7923>

A - Shooting and Puck Handling Stations – Youth

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8095#8095>

A - Six Station Skill Circuit in Czech Republic

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7251#7251>

**A - Vladimir Jursinov Big Moves All Around the Body – 5 videos**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8075#8075>

Vladimir Jursinov Skills 1

<https://youtu.be/RjL-LS9uyeE>

Vladimir Jursinov Skills 2

<https://youtu.be/XDiAjUvjnbU>

Vladimir Jursinov Skills 3

<https://youtu.be/HWZS9Ck3uCo>

Vladimir Jursinov Skills 4

<https://youtu.be/b1kS4LgRbpg>

A2 Skating Warm-up for Edges and Balance - U18 F – Players Lead

<https://youtu.be/h1hzGmn-7jk>

A - Puck Handling Technique - Grip and Side to Side

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6935&topic=6935#6935>

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

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

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6910&topic=6910#6910>

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

A - PH - Build a Wall - Cut In – Sw

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6909#6909>

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

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

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

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

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

A - PH - Fake Outside - Pull Across – Sw

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

A - PH - Fake Shot – Sw

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

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

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

A - PH - Toe Drag or Pull-in – Sw

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

A - Push-out Tight Forehand Turn – Sw

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

A - Puck Handling Big Moves Exercises – Finland

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

A - Puck Handling 360 Degrees – Sw

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

A - PH - Lift Puck Over the Stick – Sw

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

A - PH - Lacrosse Move – Sw

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

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

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

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

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

A - PH - Backspin – Sw

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

A - PH - Backhand Between the Legs – Sw

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

A - Head and Shoulder Fakes Side to Side – Sw

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

A3 Puck Handling Moves All Around the Body – U22F

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

A6 Driving the Net from the Corner

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

A6 Chaos NZ Overspeed with Regroup - Pro

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

A6 Puck Handling Skills-Zig Zag – U22F

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

A6 Puck Handling Eight Exercises

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B6%20Puck%20Handling%20Eight%20Exercises.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B6%20Puck%20Handling%20Eight%20Exercises.3gp)

A200 Russian Olympic Coach Teaches Puck Handling - U17-U20 RB

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

A200 Agility Skate - Pass - Shoot - U18F

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

A200 Big Moves –Yashin - Russian Warm-up

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

A200 Four Lane Circuit - Youth

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

A200 Variable Goal Training - Skating and Puckhandling - U15F

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

A200 Skating Warm-up for Edges and Balance with a Puck and Shot – U18F

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

A200 Puck Dog and Pass Dog – U8

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

A200 Puck Protection Circuit - Finland

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

A200 Puck Handling Circuit - Pro

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

A400 - Puck Handling Skills 4 Lanes – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7089#7089>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812222953884>

A200 Chaos Puck Handling - U15B

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

A200 - Chaos Puck Protection and Shots – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7886#7886>

A200 - Puck Handling Warm-up - Skill Camp

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7837#7837>

A200 - Ovechkin Moves to Score - RB U17-20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8054#8054>

A200 - Big Moves Led by 3 Players – Jasper Camp

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7716#7716>

A200 – Puck Protection and Escape Moves – Finland

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=263&topic=568#568>

A200 - Puckhandling and Agility Circuit - College

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181001200651730>

A300 – Edges and Puckhandling-Shot – Finland Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=6135#6135>

A300 Nervous System Overload for Puck Handling - Pro

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

A300 Puck Handling vs. Defender Warm-up - U18F

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

A300 Tight Turns-Three Hard Strides-Shot - U18F

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

A300 Stickhandle Proprioceptive Overload - Pro

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

A300 Puckhandle and Shot-U22

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

A300 Advanced Puckhandling Moves from Finland

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

A300 Big Moves Warm-up - Czech Youth

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

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

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

A300 Skill Sequence

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

A500 Puck Protection - Dean

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

A500 Overspeed 2-0 with a Pass – U18F

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

A500 Swedish Stickhandling in Circles

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

A300 Toe Drag and Finish with a Shot - U22F

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

A3-B500 Skills Warm up Routine

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

A500 - Datsyuk Group Puck Protection

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6922#6922>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140909110401459>

O - Off-ice Puck Handling - Finland

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

### **Passing Technique**

A - Sweep Pass – Sw

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

A - Sweep Pass 2 – Sw

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

A - Quick Passing – Sw

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

A - Backhand Passing – Sw

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

A - Snap Pass – Sw

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

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

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

B500 - 360 Degree Passing – Sw

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

A - Flip Pass – Sw

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

A - Board Pass – Sw

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

### A-B Shooting Skills and Warm-up Drills - Role 1-2

#### ***Shooting Skills - Role 1***

##### A – B - Shooting and Scoring

A - Shoot to Score

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140409101517189>

A - Optimal Shooting Position – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140411095323115>

A - Sweep or Power Shot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140412111025229>

A - Snap Shot Technique - Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140411095742766>

A - Quick Shot off a Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041211050245>

A - One Timer Shot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140412110137803>

A - Datsyuk - Stickhandling and Scoring - Russia

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140413101502608>