

## **F – On Ice Fitness**

F202 – Skating for Quickness and Agility - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6921#6921>

<https://youtu.be/7aNk0Xh7c80>

F - Agility Skating - RB Pro 2

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7528#7528>

<https://www.facebook.com/518555930/videos/pcb.684697315773402/10159324322415931/>

[https://youtu.be/\\_tVruu5SoMQ](https://youtu.be/_tVruu5SoMQ)

F-A3 - Skating and Goalie Warmup-Slovakia U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5920#5920>

<https://youtu.be/rl9cxVAwNoo>

F - B6 2-0 Disguised Skate - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6369&topic=6555#6555>

<https://youtu.be/-ZGrVCikrok>

F - B6 2-0 Disguised Skate – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6369&topic=6555#6555>

<https://youtu.be/-ZGrVCikrok>

<https://www.facebook.com/518555930/videos/pcb.729480937961706/10159505647200931/>

F - D400 - 1-1 x 2 x 2 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8024#8024>

<https://youtu.be/pjVZghcNHjc>

<https://www.facebook.com/518555930/videos/pcb.735821993994267/10159536251645931>

F - Conditioning Skate – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=293&topic=350#350>

<https://youtu.be/QabRhPl6X9s>

<https://www.facebook.com/518555930/videos/pcb.756802625229537/10159620572070931>

F – Full Length Ladder Skate and Test - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6883#6883>

F - Ladder Skate - Pro

<https://youtu.be/unJdAvVhtVI>

F Timed Ladder Skate - Pro

<https://youtu.be/njasfbQ-xkQ>

<https://www.facebook.com/518555930/videos/pcb.825845858325213/365677261598636>

F - A300 Skating Conditioning - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=712&topic=889#889>

<https://youtu.be/700fflObnHw>

<https://www.facebook.com/tom.molloy.5836/videos/10159697672460931>

F - B5 - Overspeed Skate-Pass-Shoot - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1307#1307>

<https://youtu.be/nWIU0Y6DwaU>

<https://www.facebook.com/518555930/videos/pcb.815915075984958/10159838374135931>

F - B202 Skating Bursts for Quickness - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1351#1351>

[https://youtu.be/UuJmalH1D\\_4](https://youtu.be/UuJmalH1D_4)

F - A202 - Skating for Quickness - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1667#1667>

<https://youtu.be/YEIVwjOI-cE>

<https://www.facebook.com/518555930/videos/pcb.815938722649260/10159838416665931>

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'The Game is the Greatest Coach'

'Enjoy the Game'