

B500 Swedish Stickhandling in Circles

Key Points:

Make moves all around the body. Protect the puck, keep the head up.

Description:

1. One unit of 5 in each circle.
2. On the whistle go full speed.
3. Rotate clockwise to another circle.
4. Coaches work with the goalies.
5. Do all moves, dekes, escape moves changing the task at each circle.

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

