

A300 - Skating and Skill Circuit U18 W

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120818090223405>

https://youtu.be/LNrhejd_-jQ

A2 Crossover-Pivots-Balance U18

<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_-jQ

A2 Triangle Pivot U18

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

