

A200 Big Moves - Russian Warm-up - Yashin

This is a great 18 minute video with Yashin in his prime and then Finnish pro's leading the hockey school kid's in the Russian puck handling routine. Jursinov developed this routine to separate the movement of the upper and lower body, to loosen the shoulders and create big moves.

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:

- Reach each way only with the top hand.
- 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.
- Head and shoulder fakes,
- Exaggerate reaching back to front on each side.
- Turn with the puck.
- Quick lateral three strides on way then the other.

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

<https://youtu.be/D3Z1ikKm17E>

