

## A200 Russian Olympic Coach Teaches Puck Handling – U17-U20

### Key Points:

Make hard fakes and sell them to the defender. Separate the movement of the upper and lower body. Create puck handling sequences that flow together. Learn to use the forehand and the backhand and have loose shoulders and the hands away from the body. Don't over handle the puck.

### Description:

- A. Warm-up with backward cross-over skating and reach with the stick in a balanced position.
- B. Practice moves and fakes while skating down the ice and finish with a shot on net.
  - 1. Fake the slapshot with a convincing fake and finish with the stick hitting the ice.
  - 2. Fake the slapshot and accelerate around the defender on the forehand.
  - 3. Fake the slapshot and move like you are going around on the forehand but quickly pull the puck across to the backhand.
  - 4. Fake a backhand pass or shot and rotate the body in a convincing manner.
  - 5. Fake the backhand and pull the puck across to the forehand.
  - 6. Fake the slapshot and pull the puck to the backhand, fake a backhand and pull the puck to the forehand.
  - 7. Fake a wrist shot and spin on the backhand.
  - 8. Fake a wrist shot and spin to the forehand.
  - 9. Fake a backhand shot-across to the forehand then fake a wrist shot and across to the backhand.
  - 10. Combine the moves.

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<https://youtu.be/hWArS-S2qKQ>

