

A200 - Puckhandling and Agility Circuit – College

Key Points:

Use obstacles to do various agility skating and puck handling exercises. Use all the edges and pivot in many directions. There are many more exercises and some attachments to create more tasks.

Description:

1. Set up 4 obstacles on each side.
2. Players leave from diagonal corners and do a series of exercises, finish with a shot.
3. Legs wide apart, hands close together, slide the puck under alternate sides.
4. Puck under on one side and Crosby slide around the end, alternate sides.
5. First slide under one side, step over other side, second Crosby with a push all the way around, slide puck under on each side.
6. Puck on one side, slide under and hop over three times. Alternate ends.
7. Skate forward around top, backward and slide through, jump over, under and over other way, pivot with the puck and forward to next obstacle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=4&s=20210318170129775>

https://youtu.be/AbBzV_Rg8_4

