

A200 - Puck Handling Warm-up - Skill Camp

Key Points:

Loosen the shoulders and use big moves. Keep the hands away from the body. Make hard fakes. Puck handle quietly. Use this flow to practice many more moves and fakes.

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1. Zig-zag down the ice and keep the puck only on the forehand of the blade. Add doing this with the puck only on the backhand.
2. Fake a shot by dropping the shoulder as if you were shooting, do this on the forehand and backhand.
3. Fake a backhand pass and pull the puck across.
4. Handle two pucks with one on the backhand and the other on the forehand.
5. Handle three pucks at once.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170111101903882>

https://youtu.be/wJelOpJ_hPY

