

Puck Handling and Passing Skills Practice Using a A-B-B-B-D Sequence

College women puck handling and passing practice Tracey Luhowy.

This practice focuses on handling the puck all around the body in drills and then in game situation.

1. Nervous system overload A300 stickhandling both a puck and tennis ball at the same time, then one with the stick on one with the skates.
2. B500 Chaos stickhandling in the nzone with a tennis ball with speed intervals.
3. B202 passing and puckhandiling tasks.
4. B5 pass and shooting from 3 lanes.
5. D400 games in each half of Perry Pearn 2 on 2.

The photo was taken at Lake Louise after our mountain retreat at a hostel to develop a Team Covenant.

It is in the video section under Puck Handling

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