

A3-B300 – Stretch-Edges-Passing Routine - Russian U20

Key Points:

Skate on all the edges both front and back and get the feel of the puck passing in defense pair and forward line groups. Add a shot to get the goalies ready.

Description:

1. Skate around the ice and loosen up with stretches.
2. Stick twist, toe touch, body rotation.
3. Quad and groin stretch hip rotation.
4. Edges – front and back with outside, inside edges - crossover forward and backward.
5. Forward units and defense pairs pass while skating around the ice.
6. Start passing while skating easy and then speed up.

**This hockey specific warm-up activates the body and mind and now the players are ready to practice.*

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<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150806102334324>

<https://youtu.be/9MoLki8PhyM>

B300 - Passing 2-3 Players - Russian U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150806102335868>

<https://youtu.be/cn9jZ-0Bwok>

