

A200 - Puck Handling - U17

Key Points:

Use big moves and loosen the shoulders. These exercises help develop a player who can handle the puck all around the body.

Description:

1. Two lines skate down the middle and back down the sides.
2. Scooter with both skates on the ice and carry the puck making head and shoulder fakes. Hands close together and legs wide apart.
3. Scooter on both skates and carry the puck at the side in the 'Triple Threat Position.' Now the player is ready to shoot, pass or carry the puck.
4. Alternate between the backhand and forehand 'Triple Threat'. Fake hard to one side and quickly pull the puck to the other side. Protect the puck with the body.
5. Carry the puck with the top hand and do big cross-overs on the inside edges. An option that develops shoulder mobility is to skate one way and move the puck the other way. Keep the puck on one side of the blade each direction.
6. Keep the puck only on the forehand side of the blade.
7. Big cross-overs on the outside edges and carry the puck on the backhand side of the blade. Only one side of the blade causes the shoulders to loosen and increases the size of the moves.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820100525517>

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<https://youtu.be/9EGJm6etJgw>

