## A300 Edges and Puck Handling with a Shot

## Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

## Description:

- 1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
- 2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
- 3. The players skating down the middle finish with a shot and then get a new puck.
- 4. Exercises are done while zig-zagging in and out.
  - a. Forward skate and alternate on the front inside edges.
  - b. Backward skate and alternate on the inside edges.
  - c. Skate forward and cross-over alternating on the outside edges.
  - d. Skate backward and cross-over alternating on the outside edges.
  - e. Open hip turn each way.
  - f. Slalom and reach as far as possible with the puck the opposite way.

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A3 Puck Handling Moves With a Shot
Do various moves with the puck and finish with a shot.
One group rotate clockwise and the other counter clockwise.
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1. Do various skating moves with the puck. 2. Big moves all around the body, in the skates, through the legs etc.
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