

A3 Skills Warm Up

Key Points:

Start practice with mild skating using long strides to dynamically warm up the muscles. Follow with puck and passing skills. Allow the goalie to do crease skating and take some shots to areas before shooting to score. This is a common warm up routine for high level teams.

Description:

1. Skate and stretch in the outside lanes followed by puck skills.
2. Partner passing or puckhandling down the centre. Progress to finishing with a shot.
3. Progress to hard on one side only so there is recovery.

Example video is the Russian U20 Team at the start of practice.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20120303100609909>

