

F – Skating Fitness and Agility

F-A3 Skating and Goalie Warmup-Slovakia U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012081009064560>

A3 - Vladimir Jursinov leads skating practice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090205055815800>

A300 Tight Turn Circuit

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100409081949965>

A300 Agility Skating

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090804081920437>

A3 Quick Feet Conditioning Skate

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151046309>

A2-B202 Conditioning Agility Skate

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151041624>

A2 Skating for Quickness

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115343158>

A2 Conditioning Skate for Quickness

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123852417>

A2 and B202 Agility and Quickness Skating

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190612981>

B202 Skating for Quickness

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102320887>

B5 Overspeed Skate-Pass-Shoot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115344598>

B600 Skating for Quick Feet – Dukla

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100915073922633>

C2 Backward Skating Tag Game-Jursi

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102316477>

A300 Tight Turns-Three Hard Strides-Shot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131124153747585>

A200 Agility Skate and Puck Handle

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120903095622211>

A2 Skating Agility-Power-Balance U18

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120819123102221>

A300 Skating and Skill Circuit

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120818090223405>

A2 Crossover-Pivots-Balance U18

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120809085731591>