

A300 Edges and Puck Handling – Shot – Finland Pro

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. Blues leave from diagonal corners and skate down the outside lane.
2. Both groups skate down the middle in opposite directions.
3. Be about 5 metres apart and take a shot on net.
4. Go to the other corner after shooting and wait for the next exercise.
5. Exercises are done with a puck 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121108114316285>

https://youtu.be/U6P_rqnU810

