

A3 Puck Handling Nervous System Overload

Key Points:

Keep the balls and pucks within a stick length and move them around the body. Stress rolling the wrists big moves.

Description:

1. Combine using up to 3 balls or 3 pucks.
2. Use balls of different weight and bounce i.e. tennis, racquet, hockey balls.
3. Example. Start with 3 kinds of balls and after each time around replace the balls with pucks so you have 3 pucks, Each lap take away one puck and then add speed when a single puck is left.
4. When you get down to one puck shots at each end can be done.
5. Use the lines and dots as places to do various moves.

The first part of this college women's practice has them handling one ball and one puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722204547549>

