

## **Off-ice Training for Skill, Agility, Balance, Speed, Power, Coordination, Quickness, Reaction Time from All Around the Hockey World – Video Demonstrations**

O - Strength and Balance Exercises - Finnish Youth

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140730105021747>

Finnish Off-ice for Upper Body Agility and Co-ordination

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130418170946147>

O - Balance, Agility, Coordination for Hockey - Finnish Youth

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130418153432810>

O - Dryland Puck Handling – Finnish Youth

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140707104528484>

O - Shooting off-ice from a Ramp - Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140707104527669>

O - Swedish Players Circuit Train with Russian Coach – U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727160049393>

O - A100 Ball Handling – Outdoor – Canadian Girl's

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131028151006746>

O – Outdoor Ball Hockey 3 Net Game – Canadian Girl's

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131028215007273>

O - DT200 4-4 Jokers on Sides – Outdoor – Canadian Girl's

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131028145956668>

Flyers Outdoor Skill Training

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120912220210591>

F - Spin Class on Exercise Bikes – U18 Girl's – Player Led

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120314084907424>

Boxercise - Canadian College Women Players

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727114214965>

Dynamic Pre Game Warm-up Exercises and Group Dance

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010042109410891>

Core Strength Workout for Hockey – Canadian College Women

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727130328111>

O - Boxing with U18 Canadian Girl's

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111129103921429>

O - Dryland Agility Coordination Reaction Time - Czech Youth

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812090131696>

O - Agility, Coordination Using Sticks – Czech Youth

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812085251864>

O - Agility Circuit Race - Czech Youth

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812094928560>

Combative Contests at Czech Youth

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010081210041633>

O - Split Vision Game of Soccer and Basketball – Czech Youth

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812101249211>

O - Dryland Agility Core Circuits-Czech Republic

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010081209085436>

O - Outdoor Shooting in Jihlava Czech Republic

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812102653259>

O – Circuit Training – Red Bull U17

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131109191129851>

O - Chinese Women Olympic Team Pre-game Warm-up

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130422233045856>

Barcelona Youth Football Training

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013042010485413>

Soviet Players – Moscow Dynamo – Outdoor Training

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727114217729>

O – Dutch Football Agility Training

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727160051350>

O - Stickhandling Practice Off-ice – Canadian Youth

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008090122230476>