

A2-A200 Puck Handling and Skating Practice from Finland

Description:

This is a video on the ABC site uner Puck Handling

1. A200 formation and Yashin leads the big moves warm demonstrating the skill and the kid's follow.
2. A2 skating drills for balance and edge control.
3. A200 Russian Big Moves exercises. Pro player demonstrate the big moves and the players follow.

Key Points:

This practice was done at Juhani's hockey school in Mikkeli, Finland. It is beautiful lake country where he has his summer place. The focus is on Big Moves with Good Hard Fakes when puck handling. Many pro's including Yashin helped with his camps. Juhani is in the IIHF Hockey Hall of Fame and is a legend in Finland.

Another IIHF hall of famer Vladimir Yursinov is the one who developed this big moves warm up. He is a Russian hockey legend as a player and coach. Between them they have developed about 70 NHL players.

In my coaching experience these puck handling exercises are the most effective way for players to develop good hands. They can be done off ice as well. Big moves and handling the puck all around the body with big fakes and protecting the puck with the body are the essentials to being a good offensive player.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>

