

A3 Puck Handling Warm up

Players skate around the ice and practice stickhandling moves all around the body, in the feet and try to separate the movement of the upper and lower body.

This was filmed at a camp in Jihlava, Czech Republic.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100817142158161>

