

B3 Advanced Moves from Finland

Key Points:

The idea of making moves is to force the defender to straighten his knees or lean one way while you go where he just came from. It is important to accelerate past the opponent so he can't recover.

Description:

1. Fake a slapshot and skate to the forehand side then go around defender on the forehand side.
2. Three pylons:
 - A. Reach wide on the forehand and quickly across to the backhand.
 - B. Head and shoulder fakes.
 - C. Fake a sweepshot.
 - D. Fake a sweepshot and head fake to inside-go outside.
3. Skating down the boards:
 - A. Cut inside and flip the puck over the stick.
 - B. Yo-yo to the inside then cut inside with the Gretzky swerve.
 - C. Fake inside then put the puck between the legs and go outside.
 - D. Fake inside then a hard backhand spin and go outside.
4. Toe drag sequence:
 - A. yo-yo out in and out.
 - B. Yo-yo out- in and around the shot blocker.

