

Becoming a 360 Degree Player with the Puck

Here are some videos from Europe that show how to develop loose shoulders and the ability to handle the puck all around the body.

This is Vladimir Yursinov's puck handling warm-up demonstrated by Yashin who was the Russian captain and for NHL MVP.

Big Moves Warm-up

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5959&topic=5959#5959>

A - Puck Handling Sequence - Russian Olympic Coach

https://youtu.be/_fdGBVje39s

The next video of Yursi teaching a sequence that leads to the Ovechkin move.

Russia with Yashin leading a youth group in Finland.

<https://www.facebook.com/518555930/videos/pcb.827788751464257/564354314947345>

https://youtu.be/ODq1cq-Z8_I

Yursinov teaching a puck handling sequence to U17-U20 players in Austria.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6370&topic=6370#6370>

https://youtu.be/_fdGBVje39s

The third video shows players at the training centre in Vierumaki, off-ice handling the puck all around the body.

Off-ice Puck Handling - Finland

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

<https://youtu.be/dL7V8xR01Ws>

Sweden

A - Puck Handling 360 Degrees – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155619555>

Sweden – All Around the Body

<https://www.facebook.com/518555930/videos/pcb.827788751464257/192605472810625>

A - Crosby Turn - Crosby with Push – Sweden – Face the play while carrying the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116165253957>