

A300 Big Moves _ Russian Warm-up

Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description:

- Skate away from the puck. Skate right reach left and skate left and reach right.
- Reach as far forward and back as you can using the top hand.
- Yo-yo the puck give it and take it away.
- Toe drag fake inside and pull the puck back while sliding back.
- Bring the puck from behind to in front through the skates on forehand.
- Bring the puck from behind to in front through the skates on backhand.
- Skate fake inside and go outside.

Nervous System Overload

- Carry two pucks at once; keep them in front and within a stick length.
- Carry three pucks at once.
- Carry four pucks at once.
- Carry one wiffle ball and three pucks to change the feel and weight.
- Carry a wiffle ball and sponge puck at once.
- Carry wiffle ball, sponge puck and racquet ball at the same time.
- Carry a small soccer ball with the feet.
- Handle a small soccer ball with the feet and a puck with the stick.

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