

These are short videos from the Hockey School I did in Jihlava, Czech Republic. I had the Czech HC Dukla coaches run the fitness circuits because they are very good at off ice training.

### **Outdoor Shooting in Jihlava Czech Republic**

are in small groups with a coach, a slippery surface and pucks. they work on shooting technique.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812102653259>

### **Split Vision Games at Czech HS**

4 teams race over, under, thru, around, skip, throw, spin to challenge their coordination, agility, balance, speed, power.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812094928560>

### **Combative Contests at Czech Youth HS**

Stick wrestling is done to promote competitiveness, strength, balance, coordination.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010081210041633>

### **4 Team Race Through and Over Obstacles at Czech Youth Camp**

4 teams race over, under, thru, around, skip, throw, spin to challenge their coordination, agility, balance, speed, power.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812094928560>

### **Speed, Coordination, Agility Circuit**

Czech players at the HC Dukla HS race doing a circuit of obstacles.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010081209085436>

### **Agility, Coordination, Reaction Time**

Czech players at the HC Dukla camp use mats, medicine balls and obstacles in races.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812090131696>

### **Agility, Coordination Using Sticks**

This is an agility coordination circuit done by Czech players at the HC Dukla HS.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812085251864>