

A200 Puck Protection Circuit - Finland

Key Points:

Shield the puck with the body. Use quick turns, head and body fakes, pivots, escape moves to gain the offensive side and score. Keep the stick free to receive passes and tip shots.

Description:

1. Get puck from corner or below goal line and try to score or get open for a pass or tip vs a defender.
2. Keepaway-1 pt. for 5 passes.
3. 2 pucks weave around and pass. No Passing.
4. 1vs1vs1. All against each other.
5. 3 vs 3 no passing.
6. 2 vs 1
7. 2 vs 2 or 3 vs 2.

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<https://youtu.be/mr3rG8Lf6Jk>

A3 - Finnish on ice Puckhandling Skills

https://youtu.be/UDUZNYGKC_g

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20100411083310556>

