

A6 Puck Handling Eight Exercises U18 F

Key Points: Players need to be able to handle the puck on both sides of their body and this requires loose shoulders. When you carry the puck with only one side of the blade you must skate around the puck and be able to rotate your core. Skating with fast hands and fast feet requires good cross over skills and loosens the shoulders. This is an exercise I learned from Jursinov the IIHF Hall of Fame Russian coach.

Separate the movement of the upper and lower body, loosen the shoulders and learn to control the puck all around the body. You must get your top hand elbow up and bottom hand moves up and down the shaft.

Description: Leave from diagonal corners and do two circles in each zone in opposite directions.

Exercises include: carry the puck only using the forehand side of the blade, only the back hand side of the blade, fast hands and fast feet, alternate facing inside and outside.

Many other tasks such as backward skating are possible.

Finish with a shot on net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20210403140055390>

A6 Puck Handling Eights - U18 F

<https://youtu.be/FswE-MMIaUc>

