

B5 Puck Handling Moves All Around the Body

Key Points:

Make big moves, use fakes, keep your hands away from your body. The top hand does the finer moves and bottom hand slides up and down the stick in unison. Use all of the stick blade backhand and forehand. Hold the stick with the fingers and the little finger of the top hand makes small adjustments. Players mirror the moves the coach makes.

Description:

1. Yo-yo puck on the forehand and stick toe.
2. Toe drag puck across on the forehand.
3. Forehand toe drag + pull in, shift weight.
4. Circle in and out on the forehand.
5. Stick to skate and back all around body.
6. Back toe drag yo-yo then across body.
7. Circle the body with the puck and the stick.
8. Repeat all the moves skating around the zone and add escape moves like a tight turn and skating backward with the puck.
9. Players go full speed in chaos for 5".

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072219081732>

B5 - Puck Handling Around the Body - Jim-College W

<https://youtu.be/EiJxnnEUhSo>

B3 Puck Handling Moves

Players mirror the coach.

1. Yo-yo puck on the forehand and stick toe.
2. Toe drag puck across on the forehand.
3. Forehand toe drag + pull in shift weight.
4. Circle in and out on the forehand.
5. Stick to skate and back all around body.
6. Back toe drag yo-yo then across body.
7. Circle the body with the puck and the stick.

8. Repeat all the moves skating around the zone and add escape moves like a tight turn and skating backward with the puck.

9. Players go full speed in chaos for 5".

The diagram illustrates a hockey rink with a center circle and two face-off circles. A coach (Co) is shown in the center, holding a stick and puck. A player is shown on the right side of the rink, holding a stick and puck. The diagram shows the puck being moved around the body of the player and the coach. The puck is shown in various positions: on the forehand, on the backhand, and on the stick toe. The diagram also shows the puck being dragged across the ice and being pulled in. The diagram is labeled with 'Co' and 'ch.com'.