

A400 - Puck Handling Skills 4 Lanes – Pro

Key Points:

Practice various puck handling moves or skating skills. Add shots at the end of the lanes or obstacles to go around, under, over or through.

Description:

4 Lane Flow

Players who start at the inside lanes go.

- inside to outside behind net to far outside and back inside and back to line.

Players who start in outside lanes go.

- outside to inside, behind net to inside the other way then far outside and back to line.

Mission Impossible

** You can also make this into “Mission Impossible” where the players do tasks like skating through obstacles, they must score, jump over, slide under, stickhandle through a maze of pucks etc. If they fail they must go back to where they started and do it again. You give a time limit and half go and half are judges or the coaches can judge..*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812222953884>

<https://youtu.be/1p02iz8rk7Q>

