

A3-B500 Skills Warm up Routine

Key Points:

It is important for all players to have a puck on their stick. Multi pucks overload the nervous system. Split vision is developed as a tacit skill in crowded situations. Develop routines to minimize talking time and maximize puck time.

Description:

1. Start with players skating around the ice one lap each with 3 pucks then 2 then 1.
2. Goalies carry the multi pucks and go in the net when down to one for shots.
3. With one puck do the Russian big moves and shoot at each end.
4. All players move to the middle zone and carry a puck.
5. Partner pass with two pucks, parallel and one fwd one bkwd. Partners work 1-1 skills skating around each other.
 - a. Fast for about 5" on the whistle.
 - b. Add specific moves like the toe drag.
 - c. Add escape moves like a tight turn.
 - d. Players now exchange pucks for 60".
 - e. Keepaway-start by removing 1 or 2 pucks each whistle.

