

A300 Individual Puck Handling Practice

Key Points:

Use multiple pucks and balls to overload the nervous system and control them all around the body. With one puck over extend to increase your reach. Separate the movement of the upper and lower body, loosen the shoulders and use head and shoulder fakes. Practice moving the puck from the stick to the skates and back, as well as controlling the puck from in front and behind.

Description:

1. Handle two or three pucks at once never letting them get more than a stick length away.
2. Reach with one hand as far back and forward as possible.
3. Slalom to the right and reach with the puck to the left and visa-versa in order to separate the movement of the upper and lower body.
4. Repeat the same thing but this time skate and power away from the puck.
5. Move the puck from the stick to the inside and outside skate edges and back.
6. Bring the puck thru the skates on the forehand and backhand.
7. Hands close together and legs wide apart and use head and shoulder fakes.
8. Toe drag and move to the forehand and the backhand.
9. Fake a slapshot and accelerate to the forehand and backhand.
10. Handle two or three different kinds of balls around the body. i.e. tennis, racquet, hockey, Keep the balls within a stick length and under control.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140655746>

