

F-A3 Skating and Goalie Warmup-Slovakia U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012081009064560>

A3 - Vladimir Jursinov leads skating practice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090205055815800>

A300 Tight Turn Circuit

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100409081949965>

A300 Agility Skating

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090804081920437>

A3 Quick Feet Conditioning Skate

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151046309>

A2-B202 Conditioning Agility Skate

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151041624>

A2 Skating for Quickness

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115343158>

A2 Conditioning Skate for Quickness

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123852417>

B202 Skating for Quickness

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102320887>