

B6 Puck Handling Skills

Key Points:

Separate the movement of the upper and lower body by doing these exercises to loosen the shoulders.

Description:

1. Players line up in diagonal corners in the B6 Formation.
2. Skate in big arcs down the ice and perform different tasks with the puck.
 - a. Keep the hands and feet moving quickly.
 - b. Skate arcs with the puck only on the forehand side of the blade.
 - c. Skate arcs with the puck only on the backhand side of the blade.
 - d. Do heel to heel glides one way then the other.
 - e. Fake passes then protect the puck.
 - g. Fake shots.

