

A300 Big Moves _ Russian Warm-up

Key Points:

This warm up helps a player to control the puck all around the body and stresses the nervous system to adapt to being overloaded with multiple balls and pucks with varying weights and feel. After practicing like this one puck seems easy to handle.

The demonstrator is a 97 born female player. Worked with her for five years. She played NCAA Div. 1 and won two National Championships and now plays pro in Europe.

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description:

- Skate away from the puck. Skate right reach left and skate left and reach right.
- Reach as far forward and back as you can using the top hand.
- Yo-yo the puck give it and take it away.
- Toe drag fake inside and pull the puck back while sliding back.
- Bring the puck from behind to in front through the skates on forehand.
- Bring the puck from behind to in front through the skates on backhand.
- Skate fake inside and go outside.

Nervous System Overload

- Carry two pucks at once; keep them in front and within a stick length.
- Carry three pucks at once.
- Carry four pucks at once.
- Carry one wiffle ball and three pucks to change the feel and weight.
- Carry a wiffle ball and sponge puck at once.
- Carry wiffle ball, sponge puck and racquet ball at the same time.
- Carry a small soccer ball with the feet.
- Handle a small soccer ball with the feet and a puck with the stick.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120622115529309>

Jim

<https://youtu.be/91xTyEp6DM0>

A300 Stickhandle Proprioceptive Overload – Pro

This idea came from Verner Persson of Sweden . Overload the nervous system by handling many pucks, different kinds or balls and combine them so the feel for each one is different and the player has to adapt.

<https://youtu.be/UzDm9MxGuBc>