

Most of this skill technique material is from the Swedish Federation with clips from other countries. I have added some other material that compliments the technique and put English text to describe the technique and add comments on principles they omit.

Equipment:

A - Hockey Equipment

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014011617525642>

Skating:

A - Crosby Turn - Crosby with Push – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116165253957>

A - Backward Stride – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116164914978>

A - Forward Stride – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116161411899>

A - Exercises for Balance and Edges – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116161135253>

A - Hockey Stick - Sweden Skills

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014011400132112>

A - Forward and Backward Stride in Athletic Position

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140113233912283>

A - Skating Without the Puck – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140113230435893>

A - Backward Start – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118170838527>

A - V and Cross-over Skating Start – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118171421893>

A - Forward Hockey Stop – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118171808487>

A - Backward Skating One Foot Stop – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118172126699>

A - Glide Turn Backwards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140121000310105>

A - Glide Turn Backwards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140121000457629>

A - Back to Front Pivot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124163222514>

A - Backward Skating Crossovers – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124163414309>

A - Forward Crossovers – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124163622332>

A - Scooting – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201401241638007>

A - Side Step – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201401241639530>

A - Forward Stride Principles: Part 3 – Swiss

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124183019474>