

A200 - Big Moves Led by 3 Players – Jasper Camp

Key Points:

Learn to carry the puck all around the body with loose shoulders, head up, quietly rolling the wrists and the bottom hand moving up and down the shaft. Allow the players to lead during practice.

Routines allow for lots of reps in a short time. Introduce new moves. Players can do these exercises at home or as soon as they step on the ice. Shots can be added to this routine.

Description:

1. Three older players lead the exercises, demonstrate and the rest follow down the ice.
2. Reach as far back and forward with the puck, next pass the puck up from behind.
3. Eberle move, fake then pull the puck behind you with the back of the stick as you slide back.
4. Spin and pass the puck to yourself forward.
5. Fake backhand pass or shot and spin to the forehand.
6. Legs wide apart, hands close together, head-shoulder fakes, quick direction change.
7. Quick toe drag tight to the toes, fake going forehand then slide to the backhand side.
8. Fake backhand and move quickly across to the forehand.
9. Skate on direction and move the puck as far as possible the other direction.
10. Yo-yo the puck by pushing it in front and pull back with the toe of the stick.
11. Pass to yourself through the legs spinning to the backhand.
12. Crosby heel to heel slide alternate sides.
13. Pass to yourself in front of the defenders toes and behind the heel of the stick.

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https://youtu.be/b_t1-VDcO1c

