

You Tube Skate & Puck Control Drills

1. Pertii Hasanen Skills – 6:25
<https://www.youtube.com/watch?v=tO8ZSblNZlo>
2. Russia Puck Skills – 21:47
https://www.youtube.com/watch?v=ODq1cq-Z8_I&index=52&list=PLDa1vIWFCsOKIOPDkNFgP_WqRLR47ZMp7
3. Pertii Hasanen Hockey 2013 – 4:46
<https://www.youtube.com/watch?v=ZR3EsakFeL0>
4. Variable Goal Training - :57 2/G
<https://www.youtube.com/watch?v=oKvSi7LyVWY&list=PL3693FB240D108F28&index=18>
5. Variable Goal Training - :48 1/1
<https://www.youtube.com/watch?v=-SMB6dU5wOA&index=19&list=PL3693FB240D108F28>
6. Finland Puck Handling – 13:53
https://www.youtube.com/watch?v=UDUZNYGKC_g&index=5&list=PLDa1vIWFCsOLGr6HagNts9e6m_TdljamN
7. Finland Skating – 12:02
https://www.youtube.com/watch?v=0RSYyuVKNWc&index=16&list=PLDa1vIWFCsOLGr6HagNts9e6m_TdljamN
8. Finland u20 practice – 31:56
https://www.youtube.com/watch?v=jXs_IIN6i9U&index=37&list=PLDa1vIWFCsOLGr6HagNts9e6m_TdljamN
9. U17 Puck Handle – 2:58
<https://www.youtube.com/watch?v=9EGJm6etUjw&index=39&list=PLDa1vIWFCsOLZVOHhnMVFSwVUjjJQPvlb>
10. 30 min practice – 30:07
https://www.youtube.com/watch?v=6_N97Qalma4&list=PLDa1vIWFCsOLCbYHndm-2K8qwZqAsFzqh&index=19
11. Hockey – A Game of Transition – 5:06
<https://www.youtube.com/watch?v=Jh0SYNZiGwU&index=40&list=PLDa1vIWFCsOJT0iYvGPKxKFbY3aqtro-5>
12. Teaching Angling – 13:45
<https://www.youtube.com/watch?v=PXckreiELgg&index=43&list=PLDa1vIWFCsOJT0iYvGPKxKFBY3aqtro-5>
13. Russia – Puck Handle – 10:36
https://www.youtube.com/watch?v=R2Buxx_Fj_M&list=PLDa1vIWFCsOJT0iYvGPKxKFBY3aqtro-5&index=44



14. **CDN Youth 15/18 – Skill Camp – 47:48**
<https://www.youtube.com/watch?v=yOhryNRfQ&list=PLDa1vIWFCs0JTOiYvGPKxKFbY3aqtro-5&index=45>
15. **Pro – Skate/Puck Handle – 7:01**
<https://www.youtube.com/watch?v=UMqbXICMsdC&list=PLDa1vIWFCs0LO-bFpo3SG0SwoOHM1qH2z&index=33>
16. **Pro – Skill – 4 Lanes – 13:29**
<https://www.youtube.com/watch?v=cvAVv219tJA&index=34&list=PLDa1vIWFCs0LO-bFpo3SG0SwoOHM1qH2z>
17. **Pro – Stickhandle x 3, Shoot – 2:24**
<https://www.youtube.com/watch?v=afS1E8EKzZA&list=PLDa1vIWFCs0LO-bFpo3SG0SwoOHM1qH2z&index=38>
18. **Pro – Puck Handle 4 Lanes – 6:28**
<https://www.youtube.com/watch?v=1p02iz8rk7Q&index=42&list=PLDa1vIWFCs0LO-bFpo3SG0SwoOHM1qH2z>
19. **Pro – Puck Protection – 2:30**
<https://www.youtube.com/watch?v=mr3rG8Lf6Jk&index=244&list=PLDa1vIWFCs0LO-bFpo3SG0SwoOHM1qH2z>
20. **Pro – Skills Practice – 30:45**
<https://www.youtube.com/watch?v=-kZ8ANM6zhU&list=PLDa1vIWFCs0LO-bFpo3SG0SwoOHM1qH2z&index=534>
21. **Pro – Practice – 23:38**
https://www.youtube.com/watch?v=qxdV6F8I_gI&index=535&list=PLDa1vIWFCs0LO-bFpo3SG0SwoOHM1qH2z
22. **Pro – Edges & Skating Posture – 6:41**
https://www.youtube.com/watch?v=55eHS_tp4Es&list=PLDa1vIWFCs0LO-bFpo3SG0SwoOHM1qH2z&index=541
23. **Belfry – 2013 Summer Training – 4:37**
<https://www.youtube.com/watch?v=Isry5opzenc&list=PLAAB15BF8DDBA25CA>
24. **Belfry – Junior Prospects – 5:19**
<https://www.youtube.com/watch?v=J2j86UmYECY&list=PLAAB15BF8DDBA25CA&index=2>
25. **Belfry – Tavares - :48**
<https://www.youtube.com/watch?v=2006kixmurA&list=PLAAB15BF8DDBA25CA&index=4>
26. **Belfry – Tavares – 1:24**
<https://www.youtube.com/watch?v=nif2Dx4fZIM&list=PLAAB15BF8DDBA25CA&index=6>
27. **Belfry – Armstrong - :45**
<https://www.youtube.com/watch?v=yD7jLYaOKQk&index=8&list=PLAAB15BF8DDBA25CA>

28. Belfry – Aug '12 – 5:55
<https://www.youtube.com/watch?v=gknY8ghSX2c&list=PLAAB15BF8DDBA25CA&index=17>
29. Belfry – Aug/Sept'11 – 3:33
<https://www.youtube.com/watch?v=0pKzVjzG9Q&index=23&list=PLAAB15BF8DDBA25CA>
30. Belfry – July '11 – 3:36
<https://www.youtube.com/watch?v=RA5GDEvdQOw&index=24&list=PLAAB15BF8DDBA25CA>
31. Belfry – Stick Handle/ Shoot Sequence – 7:48
<https://www.youtube.com/watch?v=pdQ5dZDIyR8&index=25&list=PLAAB15BF8DDBA25CA>
32. Belfry – May/June '11 – 4:21
<https://www.youtube.com/watch?v=-lt3CkCDNRo&index=26&list=PLAAB15BF8DDBA25CA>
33. Belfry – D Habits – 3:40
<https://www.youtube.com/watch?v=VvI5llCPUok&list=PLAAB15BF8DDBA25CA&index=32>
34. Belfry – Using Dots as F – 9:42
https://www.youtube.com/watch?v=Mg_uG2VDtOk&index=34&list=PLAAB15BF8DDBA25CA
35. Belfry – Linear Crossovers – 6:50
<https://www.youtube.com/watch?v=GfzHowpL2D0&list=PLAAB15BF8DDBA25CA&index=38>
36. Belfry – Player Interaction – 4:11
<https://www.youtube.com/watch?v=b9BGgqaL8MU&index=39&list=PLAAB15BF8DDBA25CA>
37. Belfry – Space & Deception – 5:44
<https://www.youtube.com/watch?v=8u8nK5cE7gs&list=PLAAB15BF8DDBA25CA&index=44>
38. Belfry – Shooting in Stride – 4:51
<https://www.youtube.com/watch?v=TJOowt8nUfA&index=45&list=PLAAB15BF8DDBA25CA>
39. Belfry – Multiple Pucks – 6:02
<https://www.youtube.com/watch?v=pNDWCivuPPU&index=46&list=PLAAB15BF8DDBA25CA>
40. Belfry – Shot Quality – 4:30
<https://www.youtube.com/watch?v=fVVJc0tVCX0&list=PLAAB15BF8DDBA25CA&index=51>
41. Belfry – D Habits 2 – 3:56
<https://www.youtube.com/watch?v=zAQZVxMUb4w&list=PLAAB15BF8DDBA25CA&index=60>
42. Belfry – Bailey - :35
<https://www.youtube.com/watch?v=cPCszP4t5yQ&list=PLAAB15BF8DDBA25CA&index=62>
43. Belfry – Next Step Pro Shooting – 6:10
<https://www.youtube.com/watch?v=8KHWCy7jdjw>
44. Belfry – Next Level Shooting – 9:44
<https://www.youtube.com/watch?v=kLr63oWYxWk>
45. Belfry – Pro D Camp – 10:27
<https://www.youtube.com/watch?v=-xrF8rrGq3M>

46. Belfry – Pro D Camp – 4:07
<https://www.youtube.com/watch?v=1SHCRXI1PP0>
47. Belfry – 2009 Pro D Camp – 4:03
<https://www.youtube.com/watch?v=MYnfgz-nRNk>
48. McDavid & Eichel Stride Analysis – 4:55
<https://www.youtube.com/watch?v=l109vAcwpl&feature=youtu.be>
49. Eichel Stride Analysis – 2:28
https://www.youtube.com/watch?v=HSOdrC2g0kA&feature=em-share_video_user
50. Next Generation Skating – 6:24
https://www.youtube.com/watch?v=LnZyHGDxUP8&feature=em-share_video_user
51. Yura Skating – 4:37
https://www.youtube.com/watch?v=bdnQ1zROgl4&feature=em-share_video_user
52. Boris Innovative Skating – 4:02
https://www.youtube.com/watch?v=XOPArU9CYig&feature=em-share_video_user
53. JRM Skates - :33
<https://www.youtube.com/watch?v=TevXHolauU4&list=PLhVvfNuevCFgwETwKVKHUyLCJja-2WMCL&index=2>
54. JRM Skates – 6:29
<https://www.youtube.com/watch?v=xTdoWCZ4Ysl&index=4&list=PLhVvfNuevCFgwETwKVKHUyLCJja-2WMCL>
55. JRM Skates – 2:05
<https://www.youtube.com/watch?v=Wqkff7C41W0&list=PLhVvfNuevCFgwETwKVKHUyLCJja-2WMCL&index=5>
56. JRM Skates – 1:44
https://www.youtube.com/watch?v=KEob_3ENEF8&feature=em-share_video_user
57. JRM Skates – 3:46
https://www.youtube.com/watch?v=vJbMOW-fcAM&feature=em-share_video_user
58. Gonchar & Malkin – 1 – 32:15
<https://www.youtube.com/watch?v=imPQCvsCVaQ&feature=youtu.be>
59. Gonchar & Malkin – 2 – 21:53
<https://www.youtube.com/watch?v=6Hr6Fh9O4pY&feature=youtu.be>
60. Ivanov – Skating – 12:00
<https://www.youtube.com/watch?v=ysobVLKVz9A&feature=youtu.be>
61. Skinner – Skating Agility – 4:41
<https://www.youtube.com/watch?v=49frncue0ow>
62. Skinner – Forward Stride Speed & Over Speed 6:00
<https://www.youtube.com/watch?v=MyiCqvPdFJA>

63. Skinner – Acceleration Stops & Starts – 5:00
https://www.youtube.com/watch?v=-M_dJgOCS5k
64. Skinner – Backward Edges & Crossovers – 4:00
<https://www.youtube.com/watch?v=OAEcoVbVbC8>
65. Skinner – Forward Edges & Crossovers – 6:00
https://www.youtube.com/watch?v=w_TCJa2abxc
66. Skinner – Science of Hockey Skating – 5:30
<https://www.youtube.com/watch?v=teSgec27ej0>
67. Skinner – On Ice Power & Plyometrics – 5:40
https://www.youtube.com/watch?v=KXhSnD_eJKA
68. Jagr Training – 19:53
https://www.youtube.com/watch?feature=player_embedded&v=gVXwKGMN6Cc
69. Crosby – Puck Protection – 9:53
<https://www.youtube.com/watch?v=oSAyYMFstTs&feature=youtu.be>
70. Crosby – Puck Protection 2 – 9:14
<https://www.youtube.com/watch?v=FqrMeXTuz7U>
71. Crosby – Edge Work – 6:50
<https://www.youtube.com/watch?v=8BwK2ECscX4>
72. Crosby – Footwork – 6:51
<https://www.youtube.com/watch?v=0DDYIBLUZxk>
73. McDavid – Wide Drive – 5:22
<https://www.youtube.com/watch?v=EMaqlsa6lJU&feature=youtu.be>
74. McDavid – How to Skate Like – 5:22
<https://www.youtube.com/watch?v=D7vRhckOTAs>
75. McDavid – Part 2 – 3:19
<https://www.youtube.com/watch?v=Crqb7q8g68U>
76. Gulutzan – Developing D – 1.01:20
<https://www.youtube.com/watch?v=rE2v0D3apP8&t=2s>
77. Tippett – PK – 52:42
<https://www.youtube.com/watch?v=2wYO9Y6borc&t=1s>
78. King – Effective Coaching – 1:04:44
<https://www.youtube.com/watch?v=YxmlLfEyhV9Q>
79. Laviolette – Create Offensive Identity – 1.17:06
<https://www.youtube.com/watch?v=8VgOHrQJIBo&t=1s>
80. Hitch – St. L Systems – 45:26
<https://www.youtube.com/watch?v=S9IJatAFY-Q&t=7s>