

A Exercises - Video Links

A – Skating and Individual Skills

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[A300 Edges and Puck Handling with a Shot](#)

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[A300 - U15 Player Demonstrates Moves](#)

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[A4 Skating Edges - Pro](#)

[A400 Skating and Puck Handle - Pro](#)

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[A500 - Skating Agility and Skills Circuit – Pro](#)

[A500 - Tight Turn 8's - Sweden 7](#)

[A500 - Waggle - Fake Inside Go Outside - Sweden 6](#)

[A500 - Deke and Breakaway vs. Backchecker - Sweden 5](#)

[A500 - Overspeed Puck Handling with a Shot - Sw](#)

[A500 - Puck Protection - Sweden 2](#)

[A500 - Gretzky Move and Shot](#)

[A500 - Keepaway Inside Circle - Sweden 1](#)

[A500 - Two Puckhandle vs Coach x 4 - Pro](#)

T1 Code is when the coach supervises and gives input for individual offensive skills.

[T1 - A5 Stickhandle 8 Agility Weave - Shoot - Pro](#)

[T1 - A5 Puck Over-Under Agility Weave - Shoot - Pro](#)

[T1 - A500 - D Breakout Options – Pro](#)

T1 - A500 - Puck Control and Protection Circuit - U17

T1 - A500 - Pivots-Tight Turn-Crosby - Pro

T1 - A500 - Agility Skate and PH Circuit - Pro

T1 - A500 - D Tight Turn and Up - Pro