

## A - Puck Handling Technique - Grip and Side to Side

### Key Points:

Hold the stick with the fingers: the top hand stays on the top and the bottom hand slides up and down the shaft. The thumbs point down in a 'V' to allow the wrists to roll.

### Description:

- Roll the wrists in opposite directions with the hands away from the body.
- Reach as far as you can left and right with the bottom hand sliding up and down the shaft.
- Cup the puck with both sides of the blade.
- Do movements smoothly without much noise.
- Transfer the weight from side to side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140130173743712>



