

Forehand Only Puck Control



Notes / Coaching Points

Forehand only puck control allows you to have the puck in a position where you are ready to make a play. It requires you to move your body and hips around the puck.

Keys for forehan only puck control

- Push and pull the puck to keep it on the forehand.
- Keep head up.
- Move body and hips around the puck.

Description
