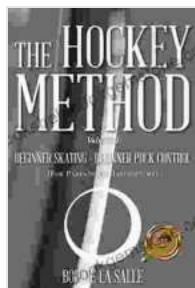


# Beginner Skating: Beginner Puck Control For Parents And Instructors

Puck control is a fundamental skill in ice hockey. It allows players to move the puck around the ice, create scoring chances, and defend against opponents. For beginner skaters, learning how to control the puck can be a challenging but rewarding experience. With patience and practice, any beginner can develop the puck control skills they need to succeed on the ice.

The first step to learning puck control is to get comfortable skating. Beginner skaters should start by practicing skating in a straight line, then gradually add turns and stops. Once they are comfortable skating, they can begin to practice puck handling.

To start, have the skater hold the puck in their stick with one hand. They should then use their other hand to push the puck forward. As they push the puck, they should keep their stick blade flat on the ice. This will help them to control the puck and prevent it from bouncing away.



## The Hockey Method: Beginner Skating - Beginner Puck Control (For Parents and Instructors) by Steven Schneider

★★★★★ 5 out of 5

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Once the skater has mastered pushing the puck forward, they can begin to practice controlling it with their stick. They can do this by moving the puck from side to side, or by lifting it up and down. As they practice, they should focus on keeping the puck close to their body. This will make it more difficult for opponents to take the puck away from them.

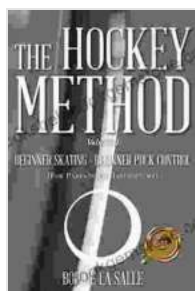
There are a number of drills that can help beginner skaters develop their puck control skills. Here are a few examples:

- **Puck Push:** This drill is a great way to practice pushing the puck forward. To do this drill, have the skater stand in a stationary position. Then, have them push the puck forward using their stick. As they push the puck, they should focus on keeping their stick blade flat on the ice.
- **Puck Control:** This drill helps skaters develop their ability to control the puck with their stick. To do this drill, have the skater skate around the ice while dribbling the puck. As they skate, they should focus on keeping the puck close to their body. They can also try to change directions while dribbling the puck.
- **Puck Handling:** This drill helps skaters develop their ability to handle the puck in different situations. To do this drill, have the skater perform a variety of puck handling drills, such as toe drags, backhands, and forehands. As they practice, they should focus on keeping the puck close to their body and controlling it with their stick.

Here are a few tips for parents and instructors who are teaching beginner skaters how to control the puck:

- **Be patient:** Learning puck control takes time and practice. Don't get discouraged if your skater doesn't master it right away. Just keep practicing and they will eventually get the hang of it.
- **Make it fun:** Learning puck control should be fun for beginner skaters. Try to make the drills and exercises as engaging as possible.
- **Provide positive feedback:** When your skater makes progress, be sure to provide them with positive feedback. This will help them to stay motivated and continue practicing.

Learning puck control is a fundamental skill in ice hockey. With patience and practice, any beginner skater can develop the puck control skills they need to succeed on the ice. By following the tips in this article, parents and instructors can help beginner skaters develop their puck control skills and reach their full potential on the ice.



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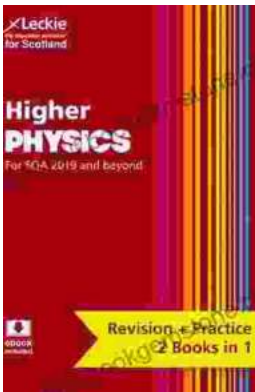
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