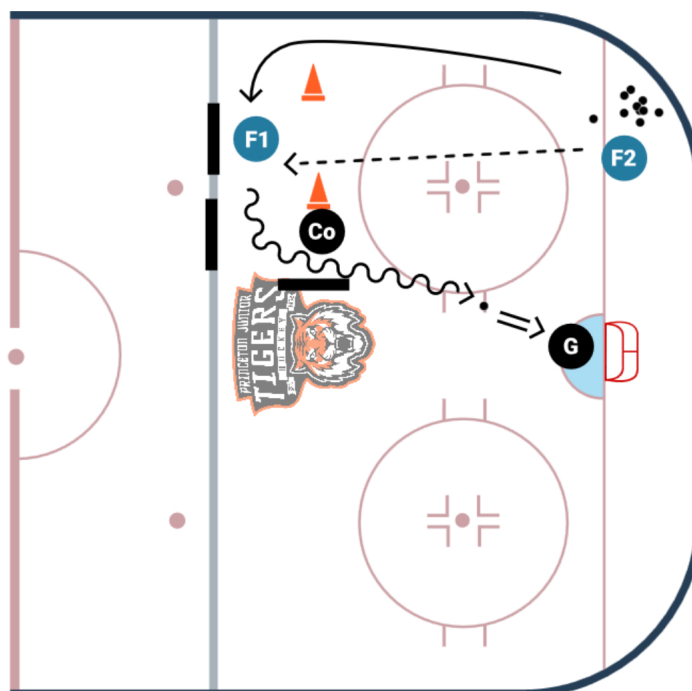




PROTECT THE PUCK

Time:

Station:



This is a great drill to work on receiving puck in high danger shooting areas and using the body to protect the puck in traffic.

DESCRIPTION:

Pucks in the corner, two cones above the top of the circle.

On the whistle F1 takes off, F2 hits F1 in stride with a pass.

F1 has to go around the coach while protecting the puck.

Coach should use light stick pressure to ensure F1 is protecting the puck.

COACHING POINTS:

- Strong, tape to tape pass.
- F1 should use their body to protect the puck when going around the coach. This could include getting the puck on the back foot and using your shin or heel-toe skating.