

Title : PUCK PROTECTION

Category #1 : Defensemen

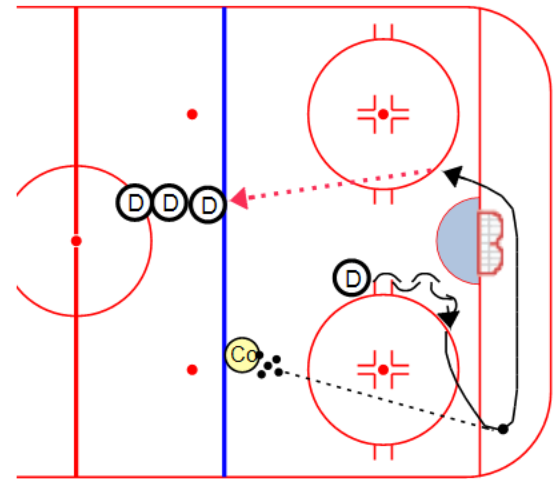
Category #2 : Skate/Shoot

### Description

In this drill we want to teach the defensemen to use the back of the net as an obstacle to prevent a forechecker from coming from behind.

1. Coach dumps the puck into the corner
2. D skates backward then transitions to forward to collect the puck in the corner. Make sure to have the defenseman "surround" the puck and not just pick it off the wall.
3. D skates hard to far side of net skating as close as possible to the net to protect the puck from a chasing opponent
4. Finish the drill with a good hard pass out to the next D waiting to perform the drill.

Run drill from both sides



Key points:


Title : PUCK PROTECTION (seq 2)

Category #1 : Defensemen

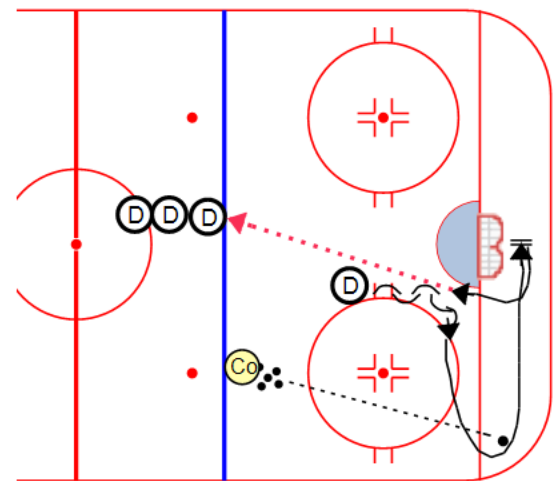
Category #2 : Skate/Shoot

### Description

In this drill we want the defenseman to use the back of the net again but instead of going around the net, stop and come back.

1. Coach dumps puck into the corner
2. D skates backward then transitions to forward to collect the puck in the corner. Make sure to have the defenseman "surround" the puck and not just pick it off the wall
3. D skates hard to the back of the net again staying close to the net.
4. Hard stop and escape back out the strongside.
5. Finish with good hard pass to the next D waiting to perform the drill.

Run drill from both sides



Key points:
