

B5 Driving the Net from the Corner

Key Points:

Protect the puck with your body and turn away from pressure toward the boards. This is a drill the Flames coaches used a lot to practice going to the net.

Description:

1. The player shoots a puck into the corner and protects it vs. pressure from the coach.
2. After about 5 seconds the player gets his shoulder in front to protect the puck and cuts to the net to score.
3. The progression is to add a defensive player.

