

A - PH - Build a Wall - Cut In – Sw

Key Points:

Fake inside and go outside. Protect the puck with the body.

Description:

Fake inside and get the shoulder in front of the defender then cut in. Hold the puck away from the defender and build a protective wall with your back, arm and lead leg. Good knee bend and cut to the net. Backhand if the goalie is moving or take the puck to the forehand and shoot.

If possible cross the mid line to force the goalie to move and slide.

<http://www.hockeycoachingabcs.com/media/gallery/media.php?f=0&sort=0&s=20140131160930484>

