

B - Skill Warm-up Circuit – Pro

Key Points:

Use deception when passing and move to the open space. Protect the puck with your body and move away from pressure with the puck. Each circle is a station with goalies in the middle doing crease movement exercises.

Description:

1. Two players at a time skate inside the circle with a puck and do moves in all directions 10". Practice tight turns and escape moves. Goalies do crease skating in the middle.
2. Play "Monkey in the middle" switch every 15" or when monkey intercepts a puck. Use fakes and the support players move to open ice.
3. Two players pass across the circle with one defender in the middle. Deception and saucer passes are the tools used. Defender anticipate the pass with his stick.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160921091552219>

<https://youtu.be/6t7p-FFuBnA>

