

T1 - D Tight Turn Up and Wheel – Pro

Key Points:

Coach spots the puck below the goal line and the player goes back for it making an escape move to beat the forechecker. It is very important to shoulder check one way and read where the checker is coming from. Sell the fake to make the checker lean one way. Always skate away from pressure.

Description:

1. Start at the face-off dot skate forward to the top of the circle, coach spot a puck deep.
2. Skate backward and turn, shoulder check, fake then tight turn up ice and pass to the coach.
3. Skate to the top of the circle and repeat and tight turn the other way and pass to the coach.
4. Repeat a third time but now a coach or player forechecks.
5. Drive skate to the back of the net and wheel up ice cutting close to the post then pass to the coach.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161020094018700>

<https://youtu.be/RymMjZs390k>

