

## T1 - Skill Circuit – Pro

### Key Points:

Goalies, defensemen, wingers, centremen work on position specific skills.

### Description:

1. Goalies are in the net at the same end as the wings and work in the crease area.
2. Centre's take draws in the middle, pull the puck back, back to one side then the other and tie up the stick and scramble the draw.
3. Wings work on taking passes off the boards, then take the pass and tip back to the player swinging behind then repeat but protect the puck first. Take rims on the off wing.
4. Defensemen at one end work on going back for a puck, shoulder check then make and escape move and pass. Add a coach forechecks while another coach gets open for a pass to the middle or up the boards.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161024155146312>

<https://youtu.be/Dgu3wR7iXSU>

