

T3 - Blocking Shots – MRU

Key Points:

Skate to defensive side and look where the net is, then out toward the shooter. Drop to one knee, turn the face sideways with the free hand protecting the face pad side out. Turn the inside elbow pad to face the shooter. This technique keeps the skate on the ice and allows the player to quickly skate.

Cut a tennis ball into 16 equal strips and insert through the holes in a baseball sized waffle ball. This makes it about the same weight as a puck and it slides well on the ice and doesn't injure the players.

Description:

1. Coaches have wiffle balls stuffed with a tennis ball.
2. Player skate to the inside and look to line up between the shot and the net.
3. Player skate toward the shooter.
4. Player drop to one knee sideways when shooter takes his stick back.
5. Coach shoot and player block the shot.

**Players have make sure they don't slide out of the shooting lane on a fake shot and retain the ability to be lined up between the puck and the net.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017011912114433>

<https://youtu.be/dIaz0akcWrE>

