

A200 - Chaos Puck Protection and Shots – Pro

Key Points:

Protect the puck with the legs and body. Make fakes and hard cuts to warm-up. Take long shots if it is the start of practice. Hit the net.

Description:

1. Three players skate into the neutral zone with a puck from each end.
2. Handle the puck and try to knock the puck off other players stick.
3. On whistle closest player to each net skate in and take a shot.
4. Coach pass to any player who lost the puck.

* This can also be an overspeed drill going as hard as you can.

* Add shooter rebound or screen after taking a shot, exchange passes with next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170329100243314>

<https://youtu.be/zejumMGDFIA>

