

E1 – Random Battle In Low Slot – Youth

Key Points:

Defender must stay between the attacker and the net. Both players must agility skate using edges.

Description:

1. Pucks are scattered in the low slot area.
2. Attacker has 15-20" to score as many goals as he can.
3. Defender has no stick and impede the shooter from scoring.
4. Count the goals.

** I think it is dangerous to step on pucks and fall. Another option that adds the skills of passing, receiving, shooting off a pass is to have a passer on each side and up top or high slot and behind net who feed the shooter when he makes eye contact.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201501022338296>

<https://youtu.be/pXoCo-gB8qQ>

