

T1-3 Skills to Attack and Defend in Low Zone - Pro

Key Points:

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817105910820>

T1 - C6 - Protect Puck on Wall - Pro

https://youtu.be/_LqI9GVtuT0

T1 - A500 - Puck Control and Protection Circuit – Pro

<https://youtu.be/58MXn5KgiR0>

T1 - 1-1 Board Battle – Prospects

<https://youtu.be/YtaCfGHM7mc>

T1 - D Puck Protection 1-1 - Shot x 2 - Pro

<https://youtu.be/dVXdHzuFWXc>

T1 - Low Cut Backs - Walk In or Out - Prospects

<https://youtu.be/D50M6d6hUTA>

T1 - Protect Puck in Corner-Go to Net-Prospect

<https://youtu.be/mTZYiPHrVro>

T1-Cut Back in Corner Instruction-Prospects

https://youtu.be/a_Af7BQ0H6o

T1-Protect Puck in Corner-Cutback-Go to Net-Prospects

<https://youtu.be/zT7fOwDCnAo>

T1-Take Rim-Coach Pressure-Go to Net-Prospects

https://youtu.be/2ql2IS5e_S4

T1-Walk in from Corner-Box Out-Spin-Shoot - Prospects 2

<https://youtu.be/1at6px1x9Kg>

T1-3 - High and Low Cutbacks 1-1 - Russian U20

<https://youtu.be/CNHE3SlixvAc>

T3 - B6 Defending Player Below Goal Line - Pro

<https://youtu.be/P9ZWSnRNtsI>

T3 - F Angle Along Boards - Stick on Stick - Pro

<https://youtu.be/y5XuOp3unpY>

T3 - B6 - Hip to hip Angling x 4 – Pro

<https://youtu.be/LYbYSPg614M>

T3 - Stick on Stick – Pro

<https://youtu.be/f4y6gJdpKew>

T3 - Angle - Shoot - Carry up Boards – Pro
<https://youtu.be/wOXRe5Z0h5g>

T3 - C6 - 1-1 from Corner - 1-1 from High Slot – Pro
<https://youtu.be/lia7l8Jlj1Q>

T3 - B6 Defending Player Below Goal Line – Pro
<https://youtu.be/27rtd6qX40E>

T3-C6 - Low 1-1 to 2-1 to 2-2 Battle – Pro
<https://youtu.be/NoKCim3-cOY>



[B6 Puck Protection and Stick on Puck.jpg](#)



[B500 Defensive Side with Stick on the Puck - Pro.pdf](#)

'The Game is the Greatest Coach'

'Enjoy the Game'