

C6 - Low 1-1 x 2 – Pro

Key Points:

Defend from the net side. Stick on the puck and tight gap. Attacker make quick hard fakes, shot and follow the shot.

Description:

1. Players are at both circles in the defensive zone.
2. D1 start inside the circle and one touch a pass back to F1 at the edge of the circle.
3. F1 attack 1-1 and try to score vs. D1.
4. Coach whistle when the play is over.
5. D1 repeat and play 1-1 with F2 from the same circle.
6. D2 repeat from the other circle defending vs. F3 then F4.

** This could be a contest with one colour vs. the other.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151123161126797>

<https://youtu.be/p3hTjruC2LQ>

