

A500 - Two Puckhandle vs Coach x 4 – Pro

Key Points:

This is an Overspeed puck protection drill. Use tight turns, hard fakes and always protect the puck.

Description:

1. Group of 4 players and one coach at each circle.
2. Two players go at a time and handle the puck for 10" inside the circle.
3. This is an overspeed drill and the players skate hard with tight turns and always protect the puck.
4. Next two players start right away on the whistle.

** This same organization could be used to practice passing while always facing the puck.*

** The players could rotate in and be the passive checker if there aren't enough coaches.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150719104729566>

<https://youtu.be/ySFdeZAtOQA>

