

T3 - Pressure Point and Shot Block x 2 Circuit - U17

Key Points:

Skate into the shooting lane and then either drop to block the shot or pressure the point.

Description.

1. Players leave from the dot to block shot in the middle and then the far dot.
2. Skate to get in the shooting lane and then drop to one knee sideways.
3. Stop the high point shot from the top of the circles.
4. Use a ball or soft rubber puck to introduce the technique.
5. Progress to shooter moving sideways and blocker adjusting to stay in the shooting lane.
6. At the other end there are two point men and the defenders leave from the corners.
7. Defender first skate into the shooting lane and then pressure the point.
8. Skate hard to the point and put the stick on the puck.
9. Skate under control so you don't fly past the shooter if he makes a move.
10. First skate out with stick in the D-D passing lane and then on the puck.
11. Progress to mid slot-head on swivel-pass from low to the point and then out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819103813886>

<https://youtu.be/OXrrjkKtUOk>

T3 - Blocking Shots – MRU

<https://youtu.be/dlaz0akcWrE>

