

C500 Cut Backs and Escape Moves - Youth

Key Points:

Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

**Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.*

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011041612155482>

<https://youtu.be/x0e9-Vn8W80>

