

B500 Puck Protection - Dean

Key Points:

Shield the puck with your body. Protect the puck before checking another player.

Description:

- Faceoff circles are the battle zones.
- 5 or 6 players at each faceoff circle.
- 3 or 4 players handle a puck inside the circle while 2 or 3 wait outside the circle.
- Protect the puck and also knock the other players puck out of the circle.
- When eliminated rotate to the next clockwise circle to change opponents.
- Waiting player enter the circle when someone is eliminated.
- Put a time limit on the exercise.
- Those who move the fewest times are the winners.

