

C6 - Continuous 1-1 Out of the Corner - Pro and Russian W

Key Points:

Start with the coach giving passive pressure and progress to partner with passive pressure, then try to score on the whistle and then full battle. The player should shoulder check and go into the corner on an angle. Get the hands up on the glass and protect the puck with the skates to prepare for getting hit. Otherwise make a hard fake and get in and out with the puck quickly.

Description:

1. Shoot the puck into the corner and practice protecting the puck doing cutbacks along the boards and go to the net on the whistle. Alternate sides.
2. Shoot the puck in while a coach gives passive resistance and poke the puck if it is exposed.
3. Partner now gives passive resistance with the stick on the puck from the Defensive Side and on the whistle battle to score.
4. Closest player dump the puck in the corner and do cutbacks to protect the puck on the boards; on the whistle battle to score. Alternate corners.
5. Have a contest to see which teams scores the most.

C6 1-1 Both Corners-Jursi Russian RB

<https://youtu.be/7N6DJgQTzjY>

C6 - Continuous Jursi 1-1 - Russian U18 F

<https://youtu.be/1WUYI5XLP-Y>

Coaches had defender start from the dot and the attacker practiced driving to the net.

