

C300 Protect the Dot - Sw

Key Points:

Defender must keep the hands down and the upper body erect by playing the attackers stick and blocking chest to chest. Bend the knees and head up in a strong athletic position.

Description:

1. Defender in the middle protect the puck on the dot and block body and knock away stick
2. Attackers stand outside of the circle.
3. Attackers take turns trying to knock the puck off the dot vs. the defender.
4. If the first rush is blocked then the next player attacks.
5. Attacker goes into the middle if he hits the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014042809423468>

<https://youtu.be/J-exRDJI3bo>

