

C6 1-1 Battle in Front of Net - Sw

Key Points:

Attacker must protect the puck and make quick fakes to create space to get to the net. Defender stay on the net side trying to unweight the attacker at the hips and keep the stick on the puck. Tie up the stick on any rebound.

Description:

1. Start with the coach above the circles passing the puck to the attacker in the mid slot with the defender on the defensive side.
2. Extra players line up on the sides on the edges of the slot.
3. Attacker protect the puck and make moves to go to the net.
4. Defender block from the defensive side with 'Body on Body and Stick on the puck.'
5. Coach pass a new puck when it is out of the area and extra players keep the puck in play.
6. Battle for about 15 seconds before rotating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041719184157>

<https://youtu.be/jk7MAoGG0Ug>

