

C6 1-1 Checking from the Corner- Sw

Key Points:

Skate to the corner under control. Get good body position before you get to the puck. Defender stay on the net side blocking the attack and stick on the puck.

Description:

1. Coach soft dump into the corner.
2. Blue and red player race for the puck.
3. Blue player protect the puck with the body using cutbacks and dekes.
4. Red player stick on the puck and body on body always on defensive side.
5. After the shot battle for the rebound.
6. Do from both sides.

** Add competition by keeping score.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417203022411>

<https://youtu.be/8DCXNXPPEWE>

