

## T2-4 - DT4 - Gaining Position in the Slot - U18 F

*This is a slot drill then game we will do tonight at practice. Just thought of it and we need to control sticks in the slot and not just be there. I took a video of the second part where the defenders pass to the coach at the point who can pass or shoot while the players fight to take or protect their stick. I think the players got the idea of how to seal sticks to the outside and find an opponent in the slot on defense and get open and keep the stick free on offense. It looks chaotic but when you play in the WAR ZONE it is chaotic.*

### Key Points:

Offensive players fight for offensive side and to keep their stick free and defensive players fight for defensive side and to control the attackers sticks.

### Description:

1. All players are in front of the net in two colours.
2. Start with the coach calling red offense and they try to get open and the blue cover them and control their stick.
3. Progress to 2 coaches at the point. One on each team. When they pass the players change roles o to d and d to o.
4. Play a game where the defenders must pass to their coach at the point to be on offense.
5. Offensive coach can shoot or pass.
5. Everyone stays within the dots and below the top of the circles.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120926091742381>

<https://youtu.be/FsqDbmkUHEg>

