

A1 Going Back for a Loose Puck - Pro W

Key Points:

Head on a swivel looking before you get the puck. Line up the puck and pick it up as you start turning.

Description:

When a player goes back for a loose puck they need to shoulder check to see where the open ice is. They should turn just as they are getting to the loose puck and have it on the stick as they are turning as opposed to getting the puck and then turning. The coach is a former NHL defenseman.

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