

A300 Puck Handling vs. Defender Warm-up - U18 F

Key Points:

Defend passively and allow the attacker to make moves.

Description:

1. Red skate around the rink with a puck and make moves to pass each Blue defender.
2. Shoot at each end.
3. Switch roles twice so each colour goes both left and right.
4. Allow free choice of moves or coach directed.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131125144758323>

<https://youtu.be/iZvR0MCoa9s>

