

## C5 - 1-1 Low Puck Protection - U17

### Key Points:

This drill introduces the idea of protecting the puck with the body on offense and defending tight from the net side with body on body and stick on the puck.

### Description:

1. Start with an attacker and defender in the corner.
2. Coach pass the puck to the attacker.
3. Attacker protect the puck and try to score.
4. Defender play from the defensive side to prevent a goal.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015082011300935>

<https://youtu.be/-1i9dpUKH3g>

