

C500 1-1 - Race for Puck - Protection Battles - C U18 W

Key Points:

Race to touch boards with stick then get inside position and battle for the puck. Protect the puck with your body and reach. Defender get stick on the puck, use stick lifts and work to gain possession. Toe caps face the puck.

Description:

1. Partners line up at about the dot.
2. Puck is placed at near the players.
3. On whistle race to touch the boards with stick then race for the puck.
4. First player protect the puck while other player fight to take it away.
5. Play about ten seconds.
6. Have a contest 2 of 3 or three of 5.
7. Move puck along boards and race for it.

**Another example of 1-1 puck battles with pro players.*

<https://youtu.be/rzAB4Zz2gQs>

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<https://youtu.be/afOK9OhrMDI>

