

A500 - Puck Protection - Sw

Key Points:

Protect the puck by shielding it with the body and using fakes and cutbacks. Absorb checks by putting the hands up on the glass while holding the stick with two hands. Defensive player should always have the stick on the puck.

Description:

1. One offensive player and one defensive player.
2. Offensive player protect the puck along the boards for 10-15 seconds.
3. Defensive player maintain net side with the stick on the puck.
4. Switch roles.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506133922483>

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<https://youtu.be/RVptxsczfZc>

