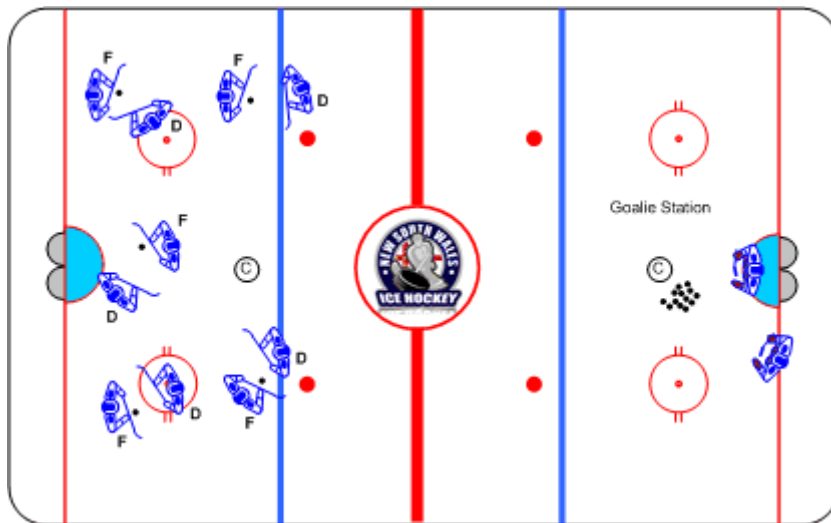




Puck Protection

Duration: 8 mins

- Work in pairs
- **Stage 1:** Player defends puck from defender without touching puck. Players should position as if stickhandling
- **Stage 2:** Player may move puck to maintain sound puck protection positioning only



Coaching Tips

- Body between the puck and the opponent pressing
- Keep defender sealed

Execution Tips

- © reinforces passive pressure for defence
- Focus on body positioning, do not turn and face
- Repeat each stage twice per pair