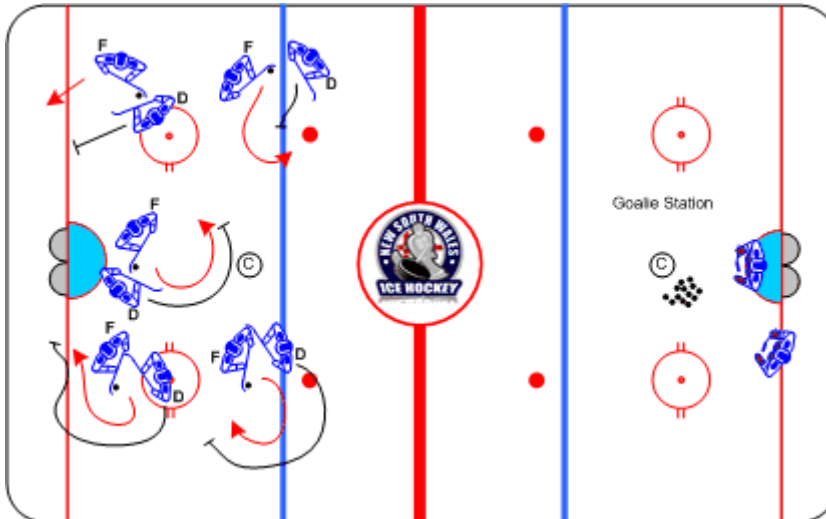




Puck Protection Progression

Duration: 7 mins

- Continue working in pairs
- **Stage 3:** Players may move anywhere, maintaining puck protection



Coaching Tips

- Body between the puck and the opponent pressuring
- Keep defender sealed
- Minimal puck handling

Execution Tips

- Allow for increased pressure from defence
- Focus on body positioning
- Repeat each stage twice per pair