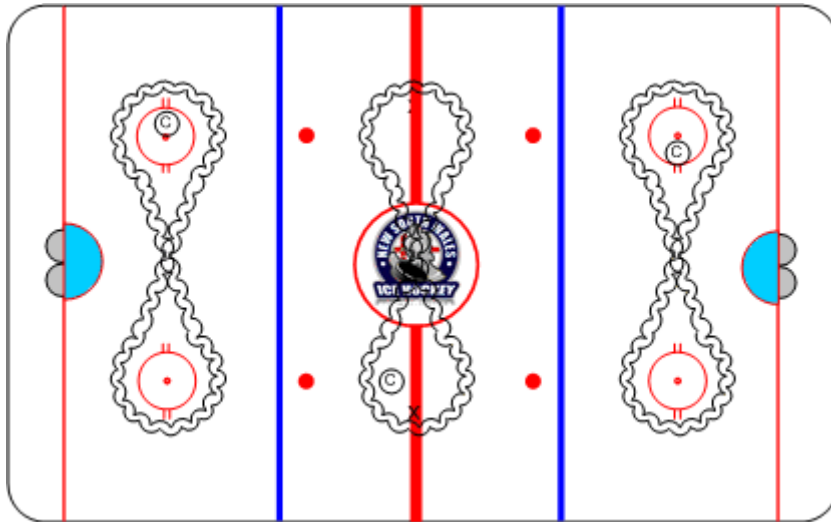




## Individual Puck Protection, Figure 8

Duration: 6 mins

- 3 equal groups carrying and protecting puck continuously around circles in figure 8 pattern
- Progression: "sculling" skating with outside foot pushing; cross-over skate with both feet pushing



### Coaching Tips

- Build the wall (body position between the puck and the checker)
- Keep the puck to the outside
- Feet moving

### Execution Tips

- © pressures to ensure puck protection
- © uses whistle to demonstrate techniques