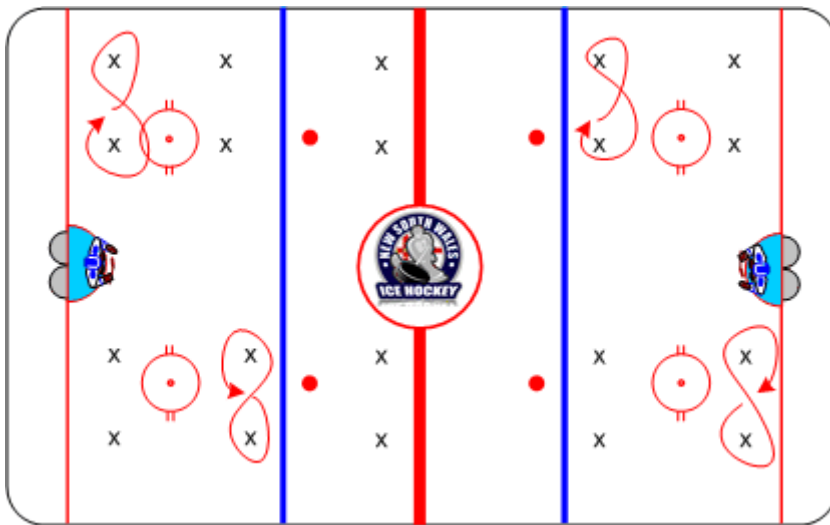




Individual Puck Protection, Small Area

Duration: 6 mins

- Players set up pylons
- On the whistle, players alternate between tight turns and crossovers, both with puck protection
- © keeps tempo using 20 second intervals



Coaching Tips

- Keep weight over skates
- Keep the puck to the outside
- Jump out of turns with 2 quick strides

Execution Tips

- Use the entire ice surface
- Use pucks or gloves in place of pylons if necessary