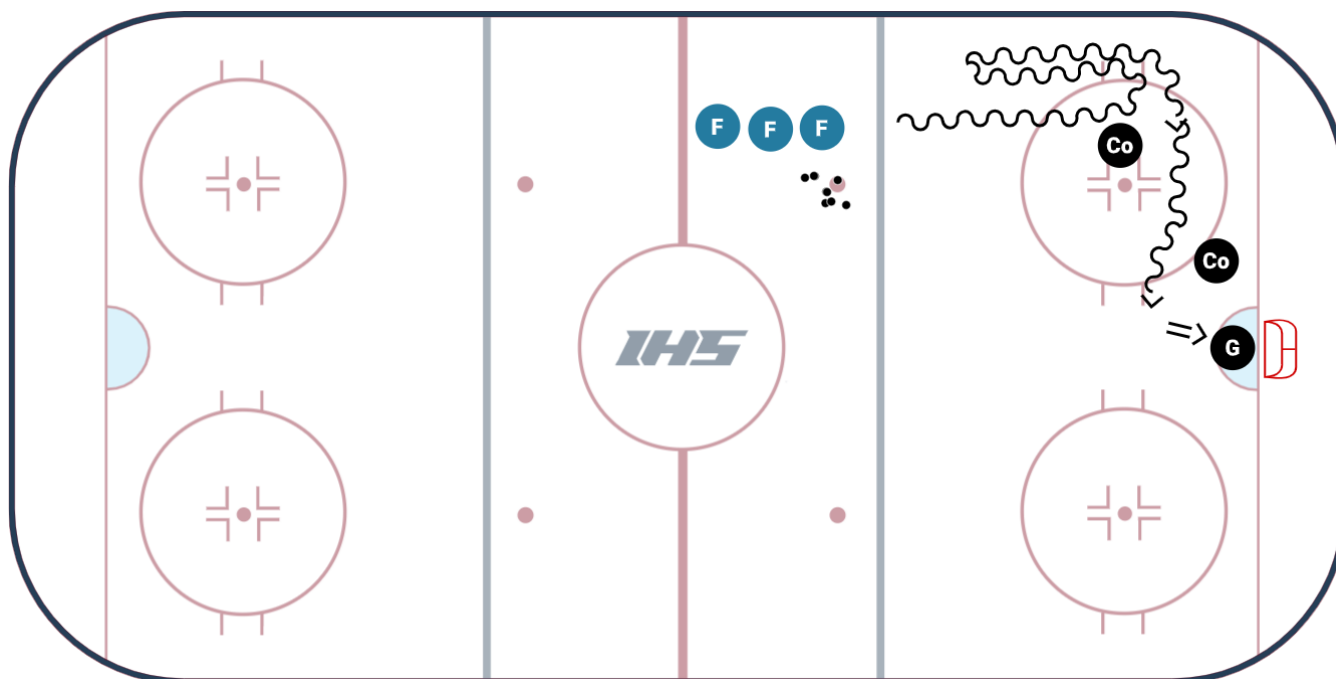


# Deception - Delay/Net Drive



## Description

Purpose of the drill is to create time/space for a player entering the zone while practicing puck protection and deception techniques.

Key Factors of the drill:

- Puck Protection - using the body and stick to protect the puck on quick stops/delay and net drive
- Deception - using delay(s) to deceive checking player while creating time and space

On the whistle the player (F) drives along the boards with the puck simulating a wide zone entry. Upon reaching the hash marks they delay with the puck (quick stop/turn) heading back towards the blue line (protecting the puck/curling towards the boards). The player skates and completes a second delay towards the blue line (focus on puck protection and curling towards the boards). The player then skates towards the hash marks and drives the net for a scoring opportunity (emphasis on puck protection and shoulder drop). Coaches can add pressure along the boards/on net drive to simulate game play.

Emphasis is placed on speed/quickness of delay technique and ensuring puck protection/proper turn direction is completed. During net drive player should focus on puck protection, dropping their shoulder to aid in protection, and getting to the middle of the net/ice for optimal scoring opportunity.