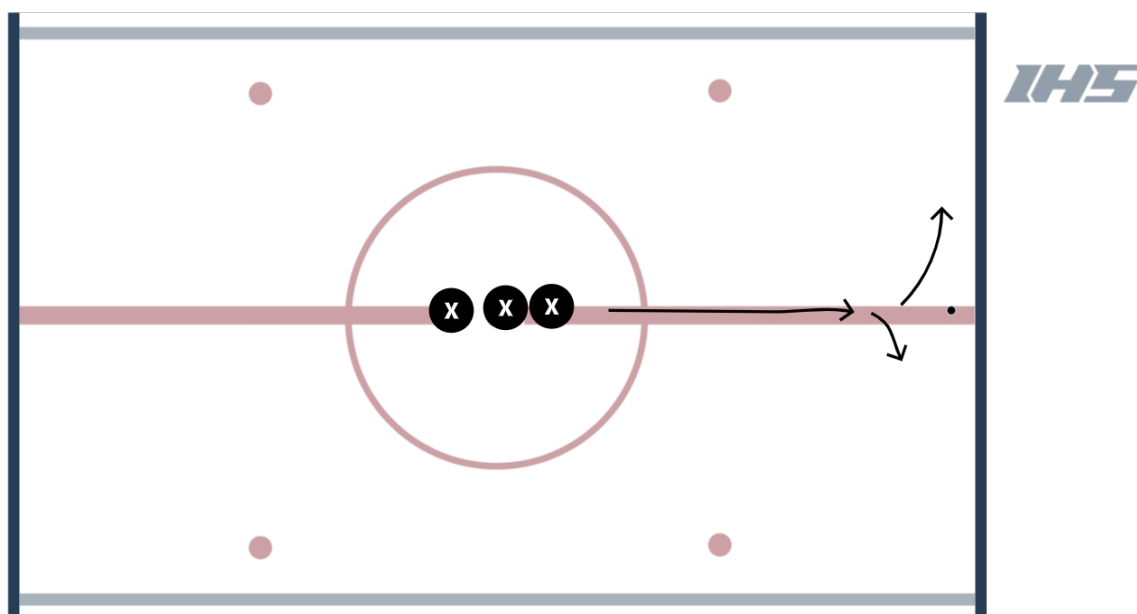


# Deception Drill - Double Punch/Shoulder Check

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## Description

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Purpose of the drill is to retrieve a loose puck through deception techniques with particular focus on quick stops/direction change, shoulder checking and awareness of player position. This is a simple drill that challenges a player with retrieving the puck and carrying it in one direction while making an opposition player believe they are going in the opposite direction.

Key factors of the drill:

- Deception - Double Punch Stop
- Shoulder Check/Awareness

The drill can run off both sides of the rink and/or out of a corner. Player at the front of the line (X) skates towards the puck/boards to retrieve the puck. While approaching the puck the player "shoulder checks" (looks behind them/over their shoulder) to get a sense of positioning/pressure of any opposing player. As they arrive at the puck the player executes a "double punch stop" to deceive any player checking them. This means the player will appear to stop/act as if they are going to retrieve the puck and skate in one direction before quickly executing a second punch stop and retrieving the puck/proceeding in the other direction. The drill is advanced with pressure from opposing player and/or coach to simulate game speed/situation.