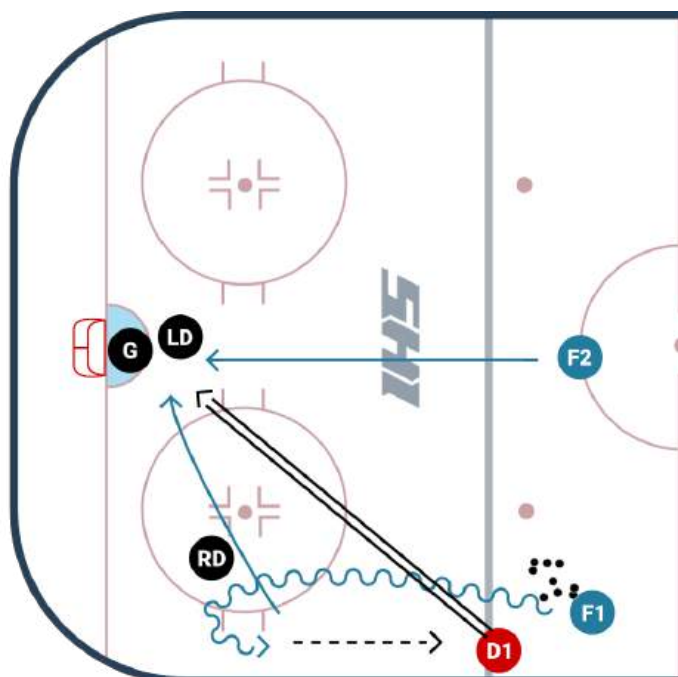


# Deception Drill - Delay to D



## Description

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

Key Factors of the drill:

- Puck Protection - using the body and stick to protect the puck on quick stop/delay and net drive
- Deception - using delay(s) to deceive checking player while creating time and space
- Low and Hard Shot - D walking the line and placing a low/hard shot on net

On the whistle F1 carries the puck in wide along the boards while F2 makes hard drive to the net. Upon reaching the hash marks F1 executes a delay (turning towards the boards) to create time/space and passes back to D1. Upon making the pass F1 drives the net for goal front placement. D1 walks the line and/or takes ice towards the net and places low/hard shot for F1/F2 to tip and/or score on the rebound. Progression of drill can occur with inclusion of RD to pressure F1 and/or LD to clear the net. Repeat drill on both sides of the ice.

Emphasis is placed on speed/quickness of delay technique and ensuring puck protection/proper turn direction is completed by F1. D1 should focus on taking ice (walking line or skating in) and placement of shot to generate tip/rebound opportunity. Both forwards should look for scoring opportunities on rebounds and/or shot tips.