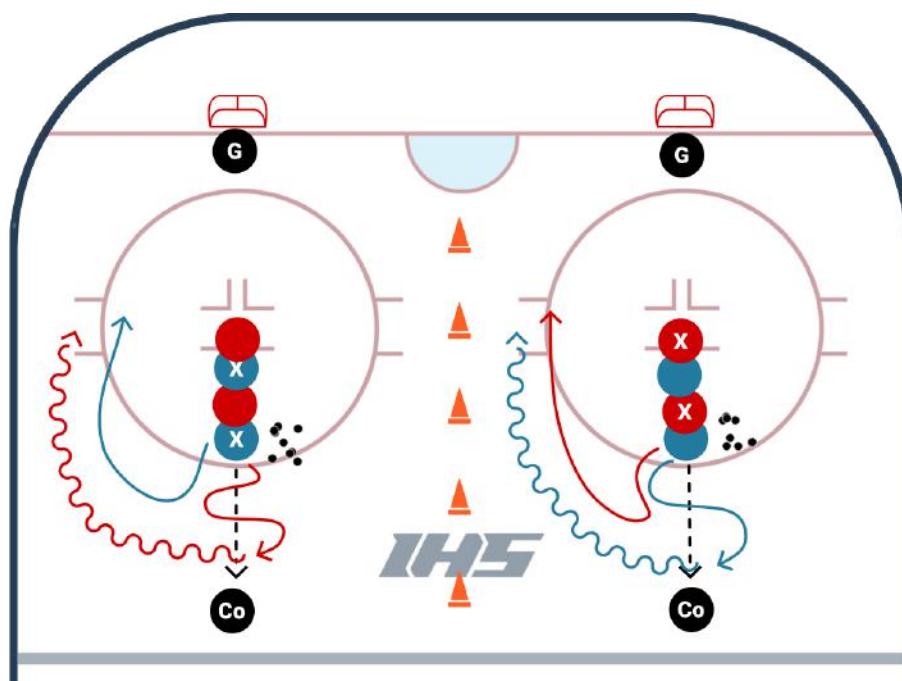


Protection Drill - 1v1 Chute



Description

Purpose of the drill is to have the defender "angle" the puck carrier to separate them from the puck and allow for a change in possession. Forwards are to maintain possession through the use of protection techniques while driving the net to score.

Key factors of the drill:

- Defender - proper body placement, timing, anticipation
- Forward - protection techniques (body positioning, edgework, and stickhandling), deception

On the whistle the second player in line passes a puck to the coach. The first player in line skates up to the coach to retrieve the puck and works to deceive the second player in line (who is "gapping up" after passing) before they gain possession. When the puck is picked up the 1 v 1 starts and the defender is working to take the puck away and skate past the blueline, while the puck carrier works to score. The puck carrier can move to either the outside or middle of the ice with the defender being required to read/adjust based on the direction of play.

Focus of the puck carrier should be on protection, and having a strong but loose upper body to fight off body contact. Defending players should focus on the timing of their approach, driving the puck carrier wide with their angle, anticipating the direction of play and separation of the carrier from the puck.