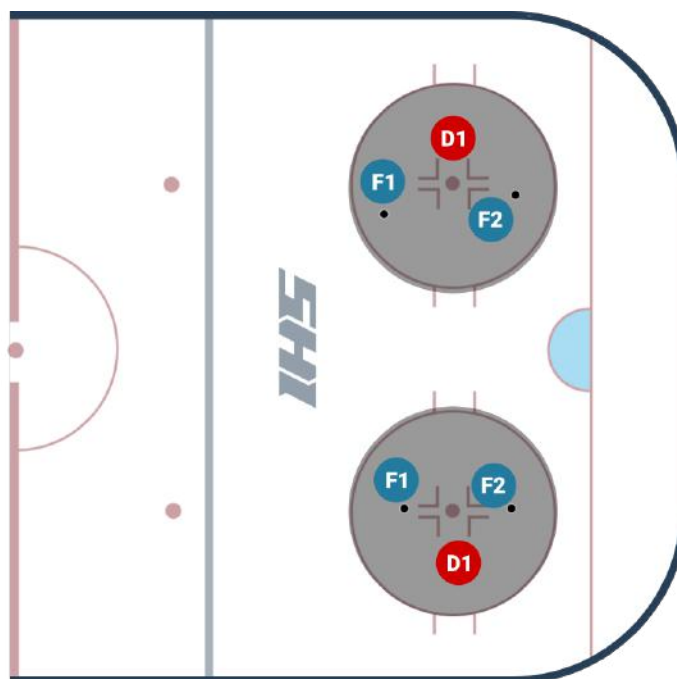


Puck Protection - 2 to 1 Protection Drill



Description

Purpose of the drill is have a player protect the puck to maintain possession through the use of protection techniques (body positioning, edge work, movement, stickhandling).

Key factors of the drill:

- Defender - maintain tight gap on puck carrier, continuous attack, angle player for puck separation
- Offense - use body positioning, edgework, quick turns and stickhandling to protect puck while moving to open ice

The drill is run out of both circles simultaneously. The drill starts out with 2 players with pucks (F1 and F2) and a defender (D1) in the circle. On the whistle D1 attempts to knock the puck away from F1 and F2 and out of the circle. Players with pucks attempt to protect it from the defender with protection techniques. The drill ends when D1 is able to successfully knock both pucks out of the circle or at the coach's discretion. Modification of the drill can occur by adding additional puck carriers and/or defenders to limit time/space.

It is important that the players with pucks use body positioning, edgework, quick movements and stickhandling to maintain puck possession. Defenders should look to set a tight gap, consistently attack and utilize angling skills to initiate puck/player separation.