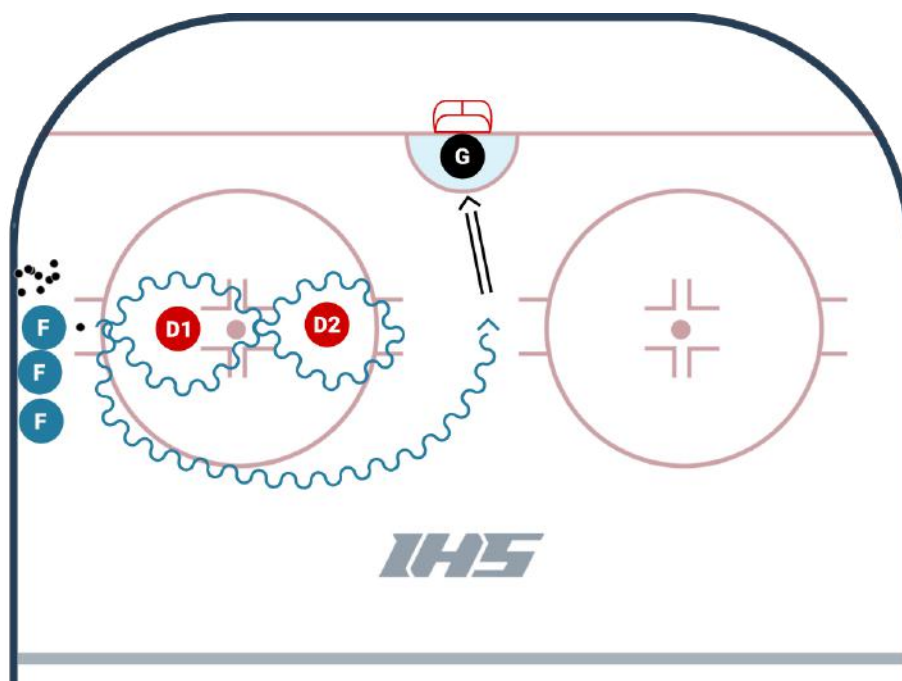


Puck Protection Drill - The Figure 8



Description

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

Key factors of the drill:

- Defender - stick placement for poke check, using body/body contact to put pressure on skater
- Forward - use body positioning, edgework, quick turns and stickhandling to protect puck

On the whistle F takes a puck and does a figure 8 around D1/D2 while shielding/protecting the puck. D1/D2 places small pressure (stick and/or body) on the F while essentially remaining stationary. After completing the "Figure 8" the F then peels out and takes a shot on G. Upon completion F takes D1 spot, D1 takes D2 spot and D2 goes back to line. Switch sides half way through.

F should protect the puck by keeping their body between the defender and the puck. Focus should be on protection, maintaining momentum by executing hard cuts/turns, leading with their hips on turns, and having a strong but loose upper body to fight off body contact by D.