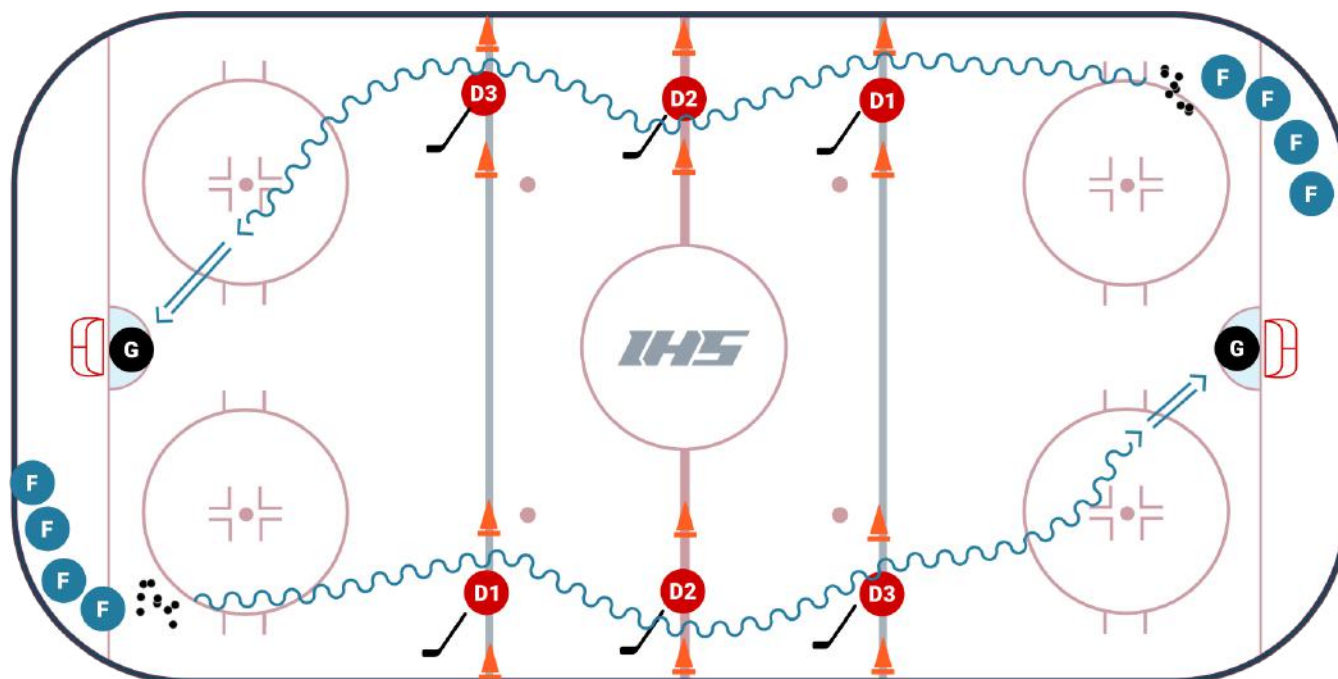


Puck Protection - The Gauntlet



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) while skating past multiple defenders.

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 skates between the pylons attempting to get around D1/D2/D3 while shielding/protecting the puck. D1/D2/D3 must remain on the red/blue line they are positioned on and can only move laterally. D1/D2/D3 place pressure (stick and/or body) on the F while essentially remaining stationary. After completing the "gauntlet" the F then peels out and takes a shot on G. Coaches can rotate all players through the various D and F spots.

F should protect the puck by keeping their body between the defender and the puck. Focus should be on protection, and having a strong but loose upper body to fight off body contact. D1/D2/D3 should focus on stick placement and using their body to make physical contact to knock the carrier off the puck.