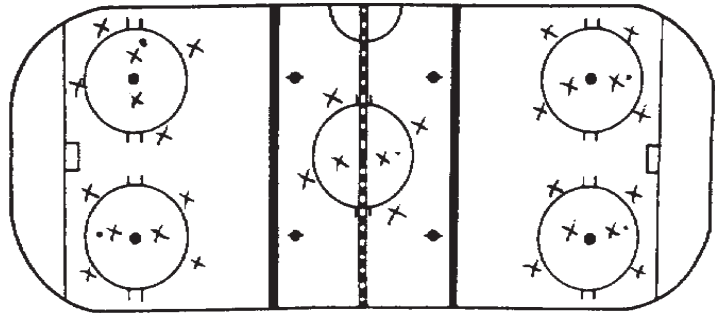


## PUCK PROTECTION 1-ON-1

---

**PURPOSE:** Development of skating and puckhandling skills necessary in using the body to protect the puck from defenders.

**SET-UP:** Pair up the players and send equal numbers to all five of the faceoff circles on the ice. Two players will start on the inside of each circle, one player with the puck, facing away from the defensive player. On the whistle, the puck



carrier must maintain control of the puck, using his body to protect the puck from the defender, while remaining in the circle. The remaining players who are not active in the drill should spread out around the circles to help contain loose pucks. After 30 seconds of action, rotate two new players into the circle.