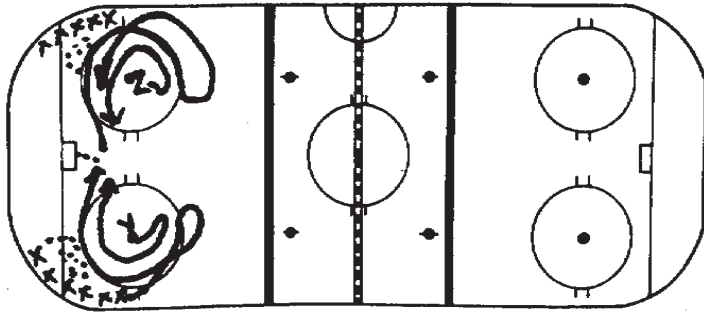
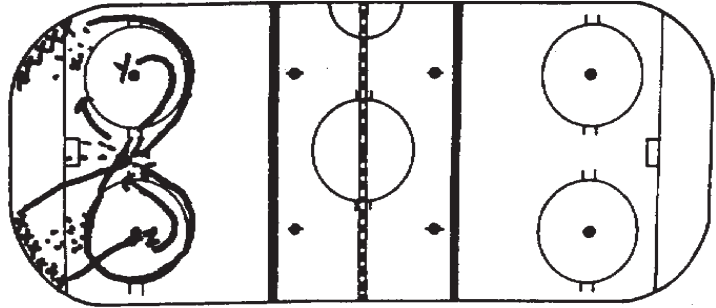


PUCK PROTECTION SHOOTING (HALF-ICE)

PURPOSE: To work on puck protection skills and shooting while under pressure.

SET-UP: Divide players into equal lines in all four corners of the ice. The drill starts with Y on the faceoff dot. X starts out of the corner with a puck and drives around the top of the faceoff circle. Y pressures X who must protect the puck and get a shot off. Then X moves to the end of the line on the other side of the ice. Meanwhile, Y picks up and moves around the faceoff dot to become the shooter while Z moves out to become the “checker”. The drill then runs continuously from side to side.



SET-UP: Add another movement into the drill by having the puck carrier make a tight turn away from the checker to protect the puck, then drive around the bottom of the circle for the shot. Drill continues in the same manner as above from that point.