

DRIVING TO THE NET

PURPOSE: To improve skating and puck protection skills of players driving to the net and the angling and checking technique of defenders.

SET-UP: Offensive players (X's) start on the red line with pucks, while defensive players (Y's) start on the faceoff dot on the other side of the ice, facing up-ice. On the whistle, X drives to the net for a shot while Y angles and forces X to a poor shooting area and attempts to deny him the shot.

