

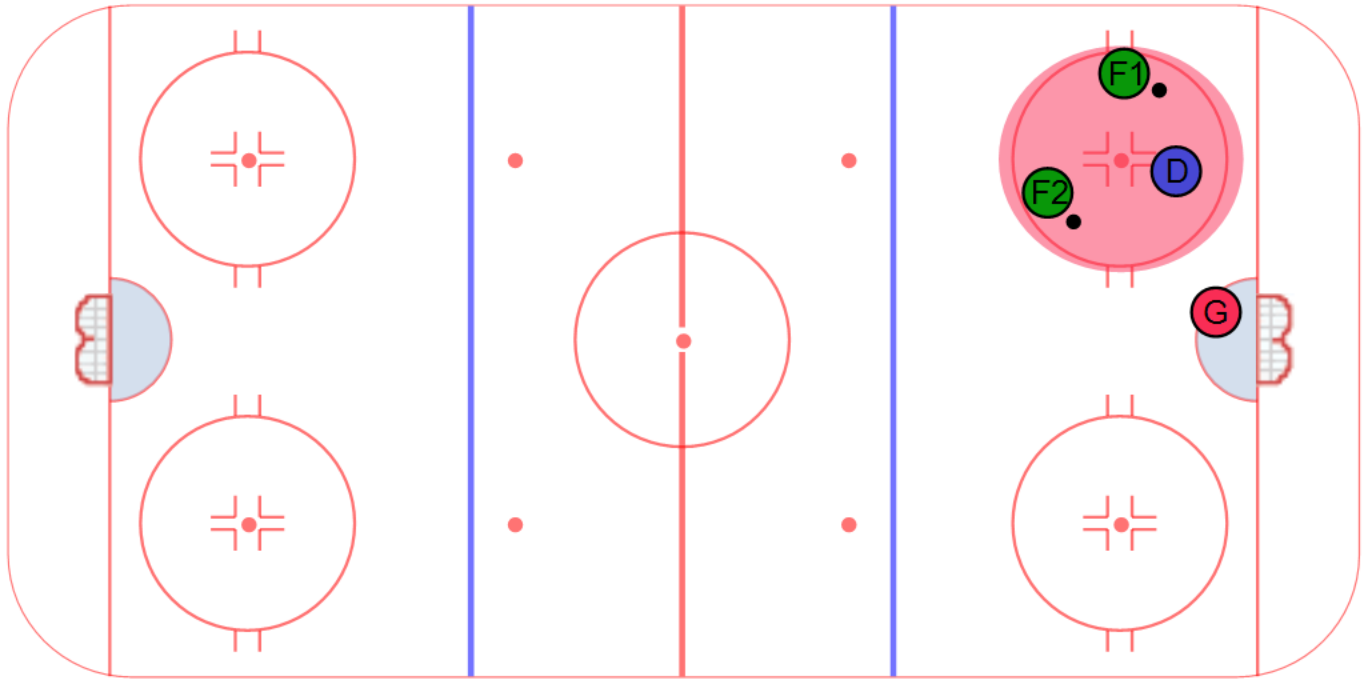
Category #1 :

Title :

Category #2 :

Content elements :

Components:



Key points :

Description

This hockey drill is a fun way for young hockey players to work on puck protection. The drill starts with two forwards (each with a puck) and a defender in the offensive zone face off circle. The object is for the forwards to protect the puck for 10 seconds while the defender tries to knock the puck outside the face-off circle. After 10 seconds the coach blows the whistle and whomever still has a puck can go take a shot on net. Points can be awarded for scoring goals as well as knocking away the puck.