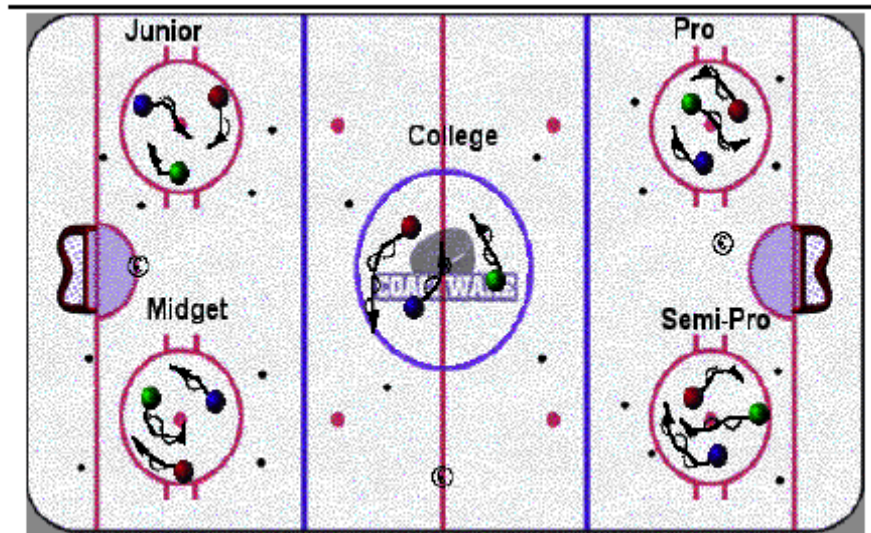


King Of The Hill



Description

"King of The Hill" challenges players to improve puck protection and checking skills in a small area. Players are divided into groups of three. Each player starts with a puck inside one of the circles. On the whistle, players attempt to maintain control of their puck and knock their two opponents' pucks out of the circle. Once a player's puck leaves the circle, they are immediately eliminated and must exit the circle and kneel on one knee. The Coach blows the whistle and calls "Switch" when all circles are finished. Winners move up, 1st players out move down, 2nd players out stay in the same circle. The goal for players is to reach the PRO circle and stay there.

Key Teaching Points

"King of The Hill" challenges players to improve puck protection and checking skills in a small area. Players are divided into groups of three. Each player starts with a puck inside one of the circles. On the whistle, players attempt to maintain control of their puck and knock their two opponents' pucks out of the circle. Once a player's puck leaves the circle, they are immediately eliminated and must exit the circle and kneel on one knee. The Coach blows the whistle and calls "Switch" when all circles are finished. Winners move up, 1st players out move down, 2nd players out stay in the same circle. The goal for players is to reach the PRO circle and stay there.

- Coaches spread out, monitor all active circles and ensure proper switching occurs.
- Extra pucks should be spotted throughout the ice surface to ensure switches occur quickly.
- Coaches should be vocalizing key teaching points during the drill.
- Midget level - 1st and 2nd players eliminated remain at Midget level.
- Pro level - Winner and last player eliminated stay at Pro level.

Key Execution Points

- Puck control in small area, head on a swivel, read and react.
- Checking Skills (stick checks).
- Puck protection.