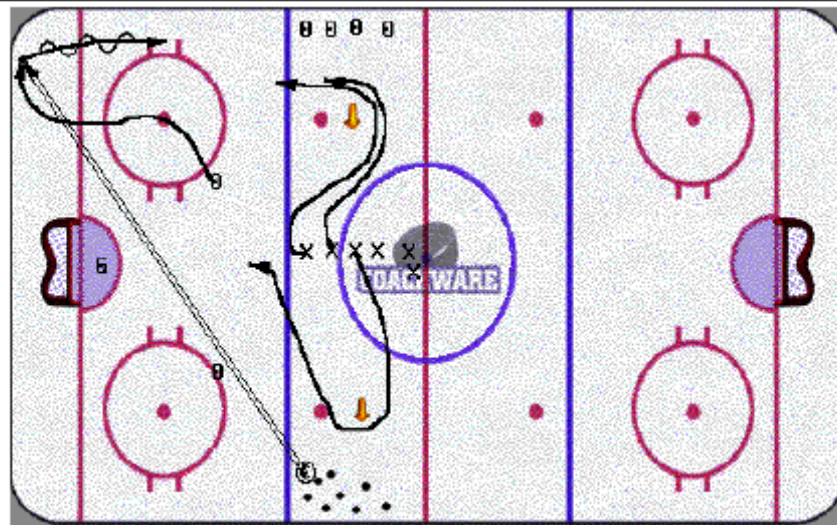


Pressure on the Puck



Description

Players in two lines, X's are attackers, O's are defenders. X's start the drill, on the whistle 3 X's skate around the pylons and attack the zone. At the same time as the X's start around the pylons the coach dumps the puck in for the O's to retrieve. The O's must try to clear the zone by carrying the puck out. The X's want to attack with speed and pressure to force a turnover. If the X's get a turnover they attack the net 3 on 2. Continue until goalie covers the puck, X's score or O's clear the zone.

Key Teaching Points

Start and stop sequence with whistle.
Extra X's at centre, extra O's on the boards outside of the blueline.

Key Execution Points

Attack with speed
Angling to gain control
Supporting the puck
Defensive positioning for 2 defenders