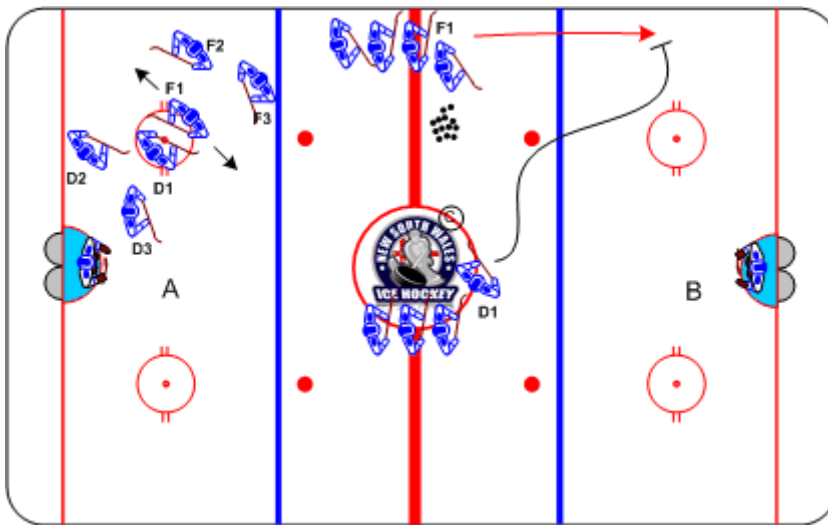




Puck Protection

Duration: 8 mins

- Zone A: Inside circle **F1** vs **D1**
- **F1** may pass to **F2**, **F3** to keep position, but must position to receive pass
- **D1** stays on defensive side position
- Zone B: **F1** net drive vs **D1**, delay to protect puck and keep possession; Goalies involved



Coaching Tips

- Puck protection
- Defensive side positioning

Execution Tips

- Zone A: Stay in groups of 3 offence vs defense
- Zone B: Run drill both ends and both sides