

C5 - 1-1 With Chocktaw Turn

Key Points:

Turn backward. First do this drill without a puck and then with a puck. All players do both parts of the drill. Finish the drill with attacker going for the rebound and defender taking the stick and boxing out.

Description:

1. Attacker pass to defender .
2. Defender skate forward and pass to attacker.
3. Defender make a Chocktaw turn from forward to backward.
4. Attack 1-1 and go to the far corner.
5. When everyone is finished go the other way.

Video of the Chocktaw turn.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150522112831380>

