

A202 - Chaos Puck Protection - Pro

Key Points:

Protect the puck and keep the head up. Make moves and quick poke checks to knock other players pucks away. Great way to get the hands going at the start of practice.

Description:

1. Everyone start with a puck and you must stay between the blue lines.
2. Weave through in all directions protecting the puck.
3. Poke unprotected pucks off other players sticks.
4. Retrieve your puck if it is knocked away.
5. Go hard on the whistles.
6. Keep track of how many times you lose the puck.

**This can be used as part of the warm-up while the goalies work at one end.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150517091300847>

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<https://youtu.be/Bs348vyFwb0>

