

E1 Shootout Race – Sweden Checking 1

Key Points:

Players must skate hard and battle for net side body position. Player who wins the puck must protect it and the checker fight for defensive side without taking a penalty. They should play any rebound in the slot.

Description:

1. Players start behind the blue line dots and race around markers near the red line.
2. The coach passes a puck in the centre near the blue line.
3. Two players battle to get the puck and score.
4. Continue the battle while one attacks and one defends.
5. Play any rebound directly in front of the net.
6. One group vs. the other and keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140428093723982>

