

D4 Attack and Defend the Dot

Key Points:

Attacker make lots of moves and dekes, change of pace and turns. Defender keep a tight gap and stay on the defensive side blocking the way to the net.

Description:

1. Attacker starts just outside the circle.
2. Defender start a stick length away with hands against the chest.
3. Attacker try to put the puck on the dot.
4. Defender block the attacker from the dot.
5. Go until puck is on the dot or a whistle after 10 seconds.
6. Finish by sprinting to the red line and back to the blue line.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101218074836562>

