

B5 Loose Puck Battles

Key Points:

- Players should protect themselves while going into the corners. Don't skate straight in toward the boards.
- Contact each other before getting the puck to gain position.
- Protect the puck with the body and use quick strides to escape.
- Attack with a good move and defend with tight gaps.

Description:

Players are lined up across the red line and the coach or coaches in the middle with pucks. One team to each side of the coach.

1. The coach dumps the puck into the corner and the first player on each line races to get the puck, then the coach dumps a puck into the other corner and the next players race to the puck.
2. Whichever player wins the battle in the corner skates out over the blueline and thru the middle circle then attacks the original end while the other player defends. This happens at both ends of the ice.
3. As soon as the rush is over another puck is dumped into the corner.
4. Situations like 2-1, 2-2, 3-2, 3-3 can also be used.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720174241795>

