

## B500 - Puck Battles 1-1- Pro

### Key Points:

Protect the puck by shielding with the body and moving it out of the defenders reach. Defender keep the stick on the ice and blade on blade.

### Description:

1. Pair up with a partner.
2. Start with a puck along the boards facing each other about 3 m. from the puck.
3. Battle for the puck in a small area on the whistle.
4. Go 10" and the player with no puck do push-ups.
5. Move the puck 3 m. from the boards and start from the boards.
6. Battle again for 10".
7. No puck do push-ups.

*\*Players can also start about 3m. from the boards (10 feet) with the puck against the boards.*

*\* A good progression is to play 2-2 keepaway with 1 point for 7 consecutive passes, then to 4-4 and have rules such as only backhand passes, or one hand only on the stick.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017031711104581>

<https://youtu.be/rzAB4Zz2gQs>

