

## C6 – D Agility Skate 1-1 - Pro

### Key Points:

Defensive work on agility and quick feet and forward good fakes and get a shot and follow it.

### Description:

1. Players start from diagonal corners.
2. D1 at each skate out around the circle, back toward the boards and up the middle.
3. F1 at each end leave when D1 starts up ice.
4. F1's continue to attack the goal at the far end.
5. D1's defend vs. F1 from the other end.
6. D's skate around inside-outside-up inside to blue line and 1-1.
7. Box out attacker after he shoots then look for the puck.

\* *Stick on puck and defensive side.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150920120948507>

[https://youtu.be/Rg\\_d8jgg1yQ](https://youtu.be/Rg_d8jgg1yQ)

