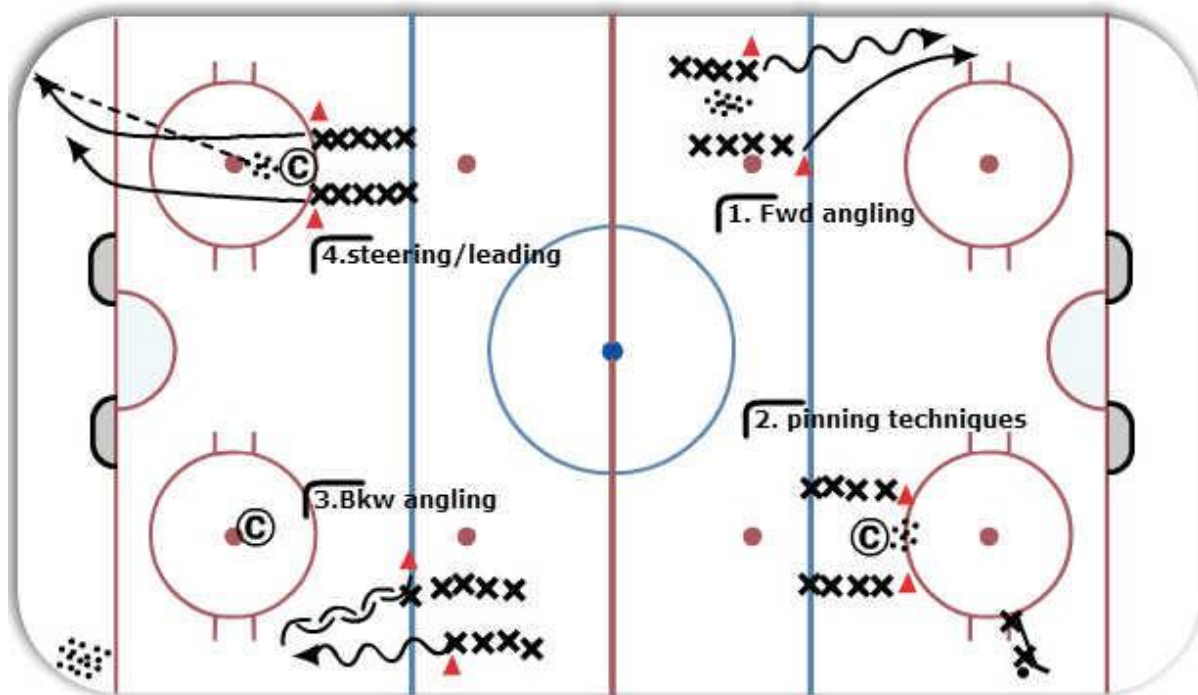


Checking drill 1



Description

All drills can have a shot on net at the end of the sequence. In all drills teach concepts of low to high attacking, stick on puck and pinning techniques. Teach concepts and proper techniques of leading, steering and angling the puck carrier.

Key Points: Angling, Steering, Pinning, Body Contact