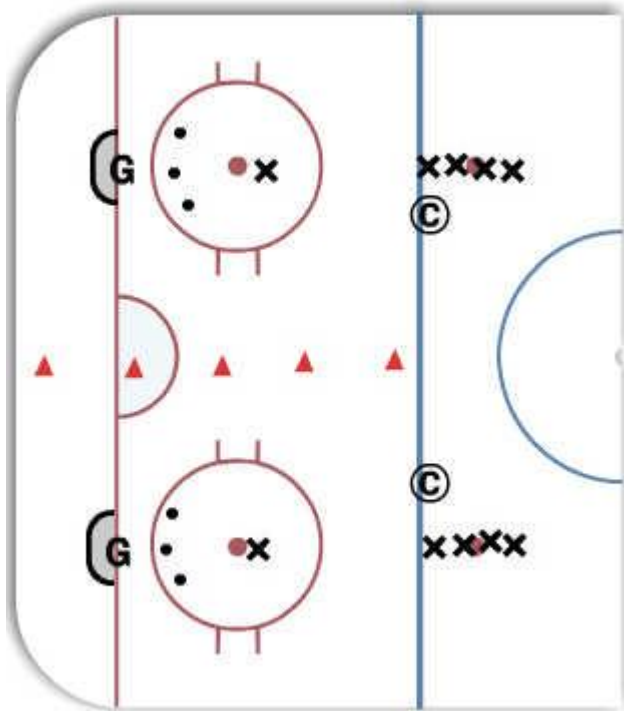


Checking drill 2



Description

Boxing out drill. one player starts in circle as a defensive player. On whistle player 2 leaves line and try's to score with any of the 3 pucks at the bottom of the circle. Once a puck is saved or scored, player 2 has to retreat back to the top of the circle before attacking a new puck.

Key Points: Body Position, good stick position, Boxing out