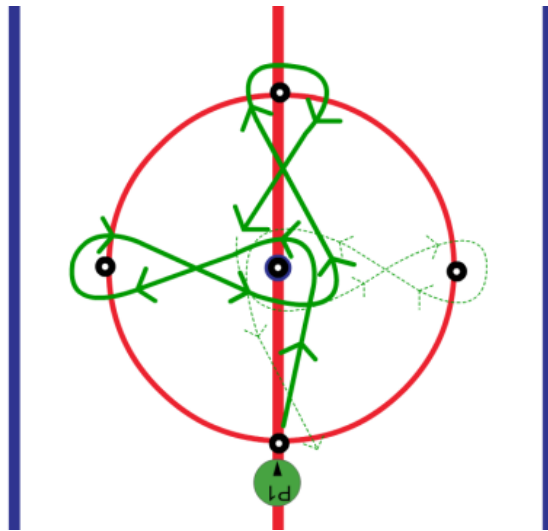


Cloverleaf - Cutting Hands



Notes / Coaching Points

Description

This drill provided by NextGeneration HKY provides a progression that allows players to work on puck protection skills. As you watch the video pay attention to the hand position of the players. Whether they are on their forehand or backhand their hand position is making it possible to close the blade as they make the control turns so they can maintain control of the puck, otherwise the puck tends to slide off the end of the blade. It is also important to note the position of the feet as they do their control turns. The inside leg is out in front so it helps protect the puck.

Progression #1: No Pucks - focus on hand and feet position.

Progression #2: With Pucks.

Progression #3: With pucks and passive pressure from coach.