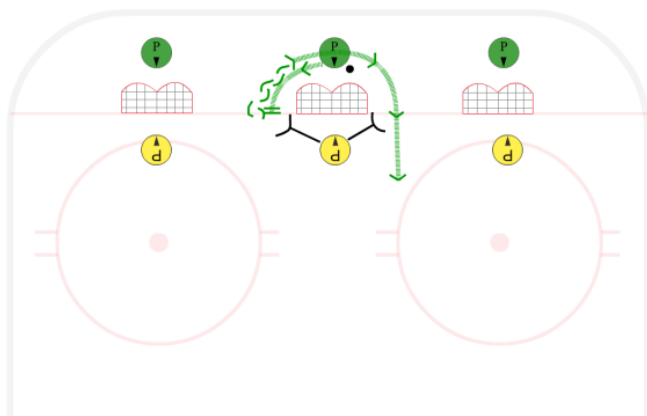


Behind the Net and Out With Pressure



Notes / Coaching Points



Description

This drill allows players to work on puck control, agility, and using the net to help defense breakout against pressure. Please refer to the video to see the proper way to run this drill.

Coaching Points

- try to keep toes pointed up ice as much as possible
- keep chest up
- eyes should focus up ice
- use long reach to keep puck protected from the pressure
- once the puck carrier has a step on the defender they need to explode into the open ice