## C6 - 1-1 With Agility Skate - Pro

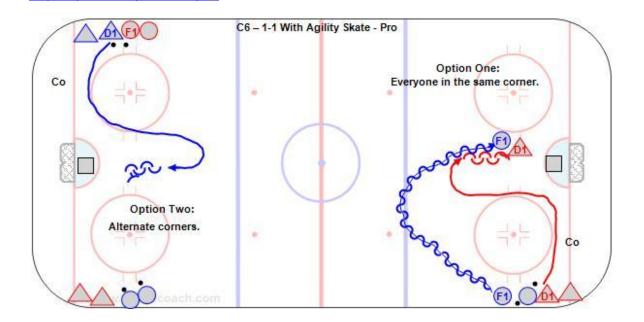
## **Key Points:**

Defender must skate out quickly to close the gap with the attacker. Attacker make quick fakes and protect the puck to get a shot. Defend on the net side with: 'Body on body and stick on the puck.; Defender box the attacker out and take the stick after a shot.

## Description:

- 1. Everyone start from the corner.
- 2. F1 skate out to the blue line with the puck and turn back.
- 3. D1 skate around the bottom of the circle and out to defend.
- 4. F1 attack vs. F2.
- 5. Do this at each end and out of both corners.
- 6. Everyone take turns attacking and defending.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150518110842631 https://youtu.be/yxO6hZdVyQY



<sup>\*</sup>Possible to do out of all four corners.