

Categories

COACHING MANUAL

Drill Title : ONE ON ONE NEUTRAL ZONE

D MAN SIDE ANGLING

Components : _____

Content elements : _____

Description

WHISTLE D MAN MOVES AROUND CONE AND F ATTACKS WITH PUCK ALL THE WAY AROUND THE ICE AND THEN ATTACKS TO SCORE. D MUST CONTROL GAP AND TAKE AWAY THE MID ICE AT ALL TIMES.

Key Points

DEFENSIVE ANGLE

D GAP CONTROL

LATERAL PLAY

GOOD CHECKING

