

Title : Man in the Box

Category #1 :

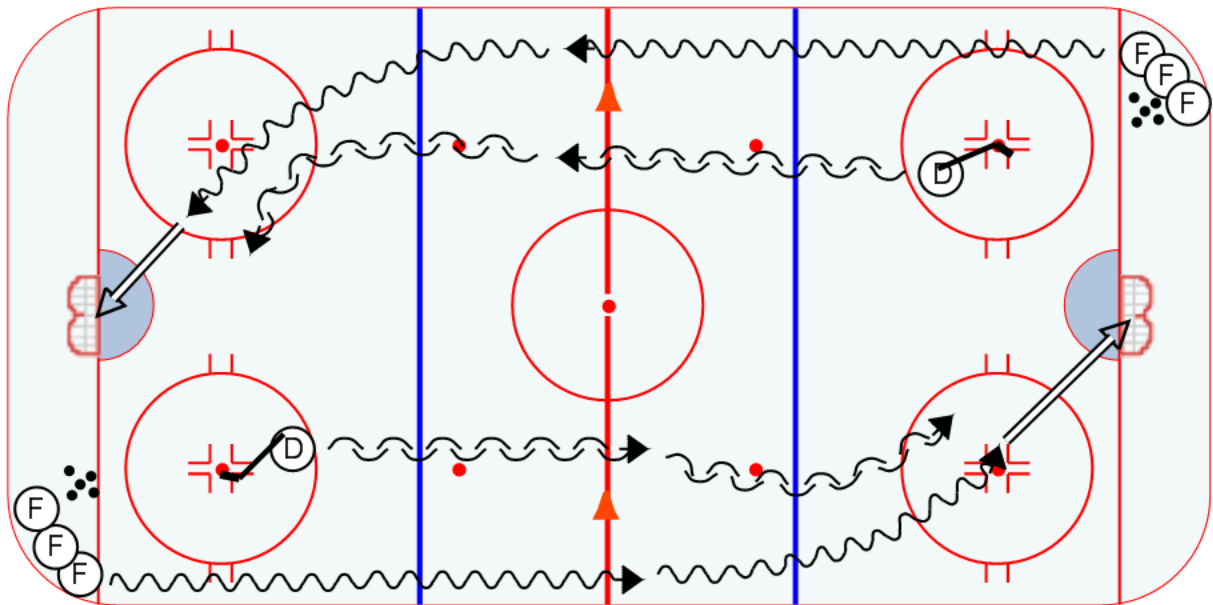
1 on 1, 2 on 1, 3 on 2

Category #2 :

Defense

Content elements:

Components :



Key Points :

Explosive backward starts

Gap Control

Angling

Drive Skating

Description

1. (F) starts in corner with puck - one skate behind the line!
2. (D) starts in faceoff circle with stick in the dot (as speed improves, move (D) closer and closer)
3. on whistle, forward and defenseman race to the red line, staying on their own respective sides of the cone
4. the forward can't cut inside and the defenseman can't begin to angle until AFTER they've passed the cone
5. After the cone they can play a 1 on 1

More Drills and Skills at <http://weisstechhockey.com/blog>