

C6 - 1-1 With Choctaw Turn - U18 G - U16 B

Key Points:

Turn backward. First do this drill without a puck and then with a puck. All players do both parts of the drill. Finish the drill with attacker going for the rebound and defender taking the stick and boxing out.

Description:

1. Attacker pass to defender .
2. Defender skate forward and pass to attacker.
3. Defender make a Choctaw turn from forward to backward.
4. Attack 1-1 and go to the far corner.
5. When everyone is finished go the other way.

A - Choctaw Instruction - Swiss - Gaston Schaeffer

<https://youtu.be/DPSRLHCJtHA>

