

C6 Jursinov 1-1's from the Corner - RB Pro

Key Points

Stay D side stick on the puck, body on body and keep a tight gap within a stick length.
This is a drill the Russian Jursinov used. You can do 2-1 and 2-2 as well.

Description:

1-1's from the corner

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.
2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.
3. Player 3 will try to score and then defend vs player 4 and continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013052209072488>

C6 - Continuous 1-1 from Corners - College W

<https://www.facebook.com/518555930/videos/g.631135947796206/10159297852675931>

<https://youtu.be/XGdZ41RwhMw>

Red Bulls pro

<https://youtu.be/7N6DJqQTzjY>

