

B6 - Puck Protection Skills - Finland

Key Points:

Protect the puck with your body, make hard fakes, get the defender to lean one way and quickly turn the other way. Drive skate into the scoring area while protecting the puck and shoot.

Description:

1. Protect the puck from a partner who starts from behind.
2. Start in the corner and build a wall with your body, arm and leg and skull push around two players or coaches and finish with a shot. Do this both on the forehand and backhand.
3. From corner protect the puck by turning your back and slide sideways both FHand and BH.
4. Fake a cut back on two skates and go forward-protect the puck.
5. Dump puck in the corner and make a two footed skate fake one way and go the other way.
6. *Walk-outs from behind the net.*
 - a. Protect the puck on the backhand and do a quick turn to the forehand and shoot.
 - b. Walk out on the forehand then turn your back into the defender and shoot forehand.
 - c. Walk out on forehand then skull slide and shoot forehand.
 - d. Tight turn to the backhand behind net-walk out backhand and turn to the forehand and shoot.
 - e. Tight forehand turn behind the net then walk out on the Forehand and shoot.

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<https://youtu.be/lvv8J3nMgGI>

