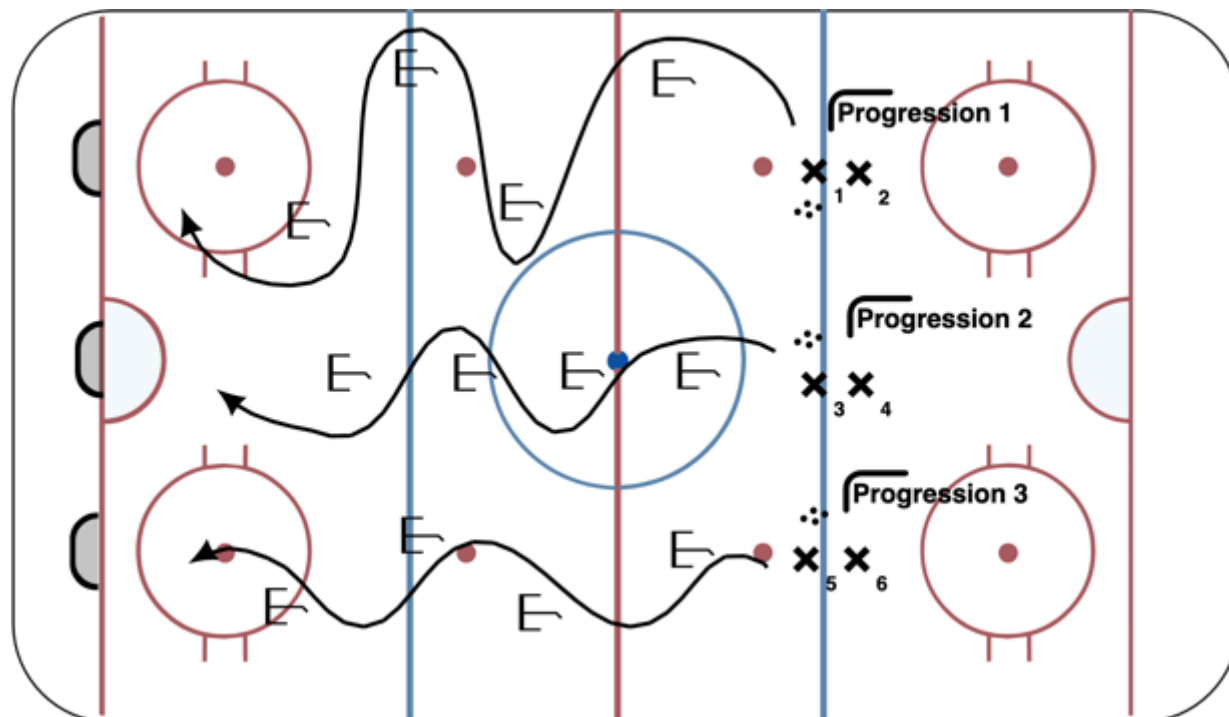


Weight Shift + Puck Control



Description

Players form 3 lines, on both NZ dots and one in between.

- Progression 1 - has players weaving through 4 obstacles set wide and far apart. Focus here is when on backhand sides to protect the puck, and when between obstacles, quickly switching the puck from FH --> BH or BH --> FH.

- Progression 2 - has the obstacles tighter, and in a straight line. Players now have less time and space, but are required to again quickly protect on FH/BH sides, while quickly switching the puck across between obstacles.

- Progression 3 - has the obstacles slight staggered and spread again. This time, players are making their moves and puck protection BEFORE the obstacle (in front of it) rather than around. Head-fakes and other deceptive elements can be added here.

*Goal is build confidence regarding use of back hand, control of puck on and moving to backhand, and body positioning while controlling on BH.