

Title : 1x1 Center Circle Touch

Category #1 :

One-on-One

Category #2 :

Battle

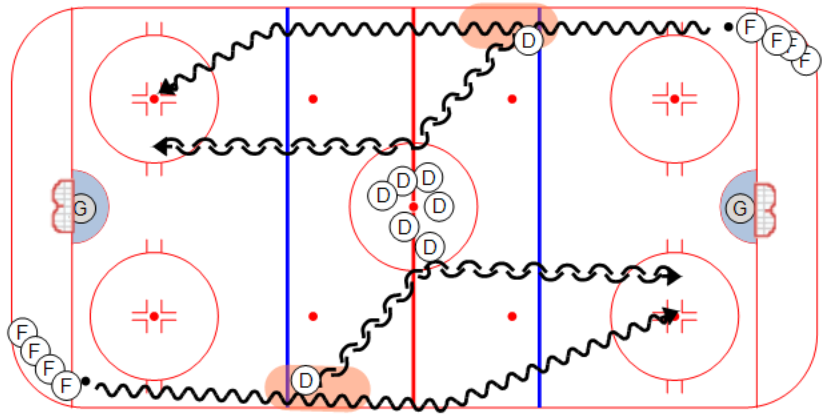
Description

The defensemen begin the drill on their stomach about one foot from the wall.

The forwards start the drill on one knee.

On the whistle the defenseman jumps up and skates backward to the edge of the circle and must touch the circle with a skate before they can start back to defend the rush.

The forward works hard up the wall to try and beat the defender. Forward can not go to the middle of the ice until they pass the far blue line.



Key points :