

A500 - Deke and Breakaway vs. Backchecker - Sw

Key Points:

Use the Waggle with head and shoulder fakes skating one way and go the other way when the defender bites. Defender skate straight at the puck carrier and then backcheck when he goes by.

Description:

1. Puck carriers in the corner and at the red line with defenders about 8 m. away.
2. Defender skate straight at the puck carrier.
3. Puck-carrier waggle with a strong fake to make the checker commit to one way.
4. Puck-carrier go hard to the net and the defender backcheck.
5. Battle for a rebound.
6. Alternate starting from the corner and then the red line.
7. Larger groups could have players in both corners and both sides at the red line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506140329929>

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<https://youtu.be/03fwZ-HBpto>

