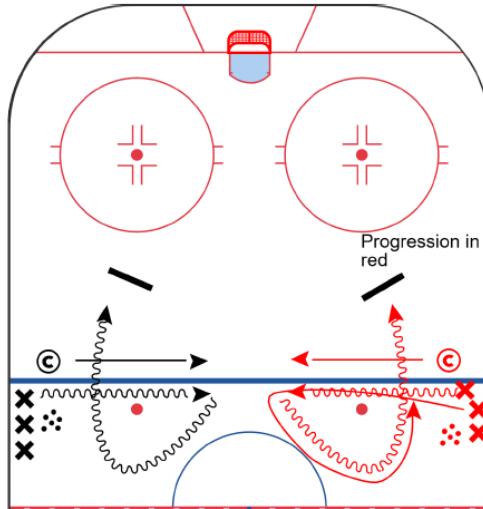
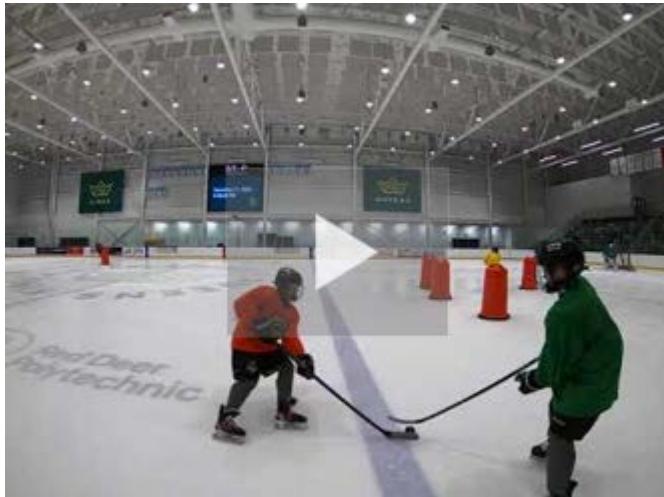




# Protect to Escape



## Drill Description

Players are lined up in the designated area along the blue line. To start the drill, the second player in line will have a puck on their stick while the first player performs a stick lift to take the puck away cleanly. After gaining possession, the first player skates along the blue line, using it as a reference point to protect the puck from a "defender," which is the coach applying light pressure. Players should focus on creating a strong wall with their protection leg to keep the puck away from the defender, and to shield the puck while skating with the outside leg to propel themselves forward. The coach can skate with the player to ensure the puck stays protected and is not exposed.

Once the player reaches an area in the middle of the ice, they turn away from the blue line (toward centre ice) and use three to five crossovers to create separation from the defender. After creating space, the player attacks the net and finishes with a shot on goal. A barrier is placed near the net to force the player to decide how they will get their shot through or around the obstacle.

Progressions for this drill include the coach applying more pressure on the puck carrier, the player making a fake or move toward the pressure before escaping away.

In the second diagram, the progression is shown **in red**. Once the second player has had their stick lifted and lost the puck, they now chase the first player while they protect the puck. The first player continues to work on puck protection as they skate towards the middle of the ice, then, using three to five crossovers, they escape both the coach's pressure and the second player who is chasing them. The goal is for the first player to create separation from their "opponents" before finishing with a shot on net after crossing the blue line. Once the first player has skated past the blue line and goes in for their shot, the second player returns to the line and becomes the next player to perform the drill.

**NOTE** - This drill can be moved around the ice to work on different scenarios or create smaller areas to perform the drill in. Examples could be moving to the ringette line (top of circles), moving from the corner up the boards or from a spot below the blue line down the boards, etc.

## Key Points

- Puck protection | 3-5 crossovers to create separation | Scanning