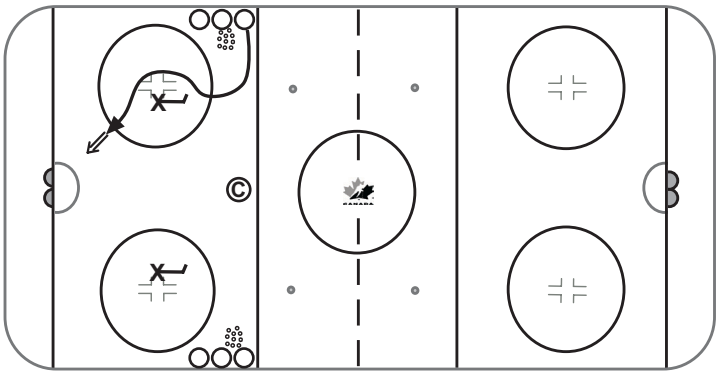
Scoring - Shot Off Puck Protection

- Players skate in from blue line with puck cutting stepping off the boards first
- Protect the puck using body and stick positioning
- Finish with a tight shot on net

Key teaching points

- Keep puck protected at a distance from obstacle
- Move the puck into a shooting position quickly after passing the obstacle
- Open hips to perform quick protective back to defender movement



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