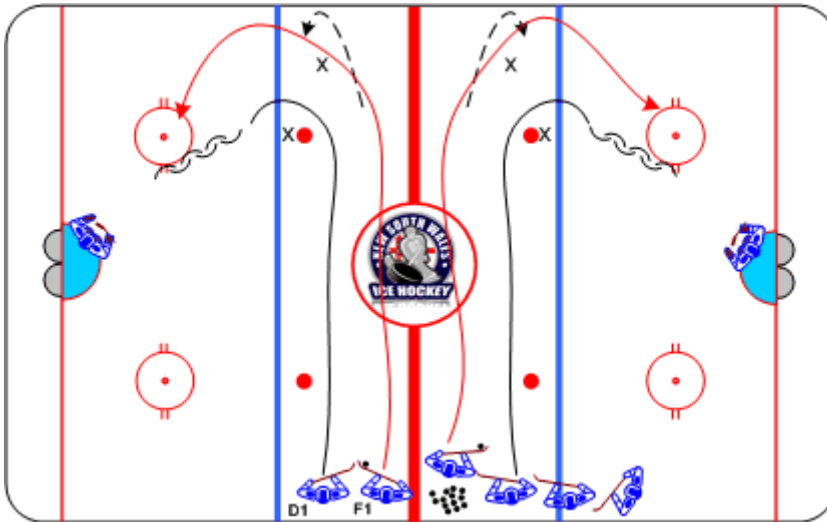




## Net Drive

Duration: 10 mins

- F1 executes a bounce pass off the boards and picks up the return puck
- F1 drives to the outside around both pylons
- D1 must pivot at the first pylon and skate backwards between pylons



## Coaching Tips

- Quick feet with acceleration onto the loose puck
- Crossovers
- Puck protection

## Execution Tips

- Reinforce outside drive
- If Forwards are unsuccessful, Defense can begin on their knees