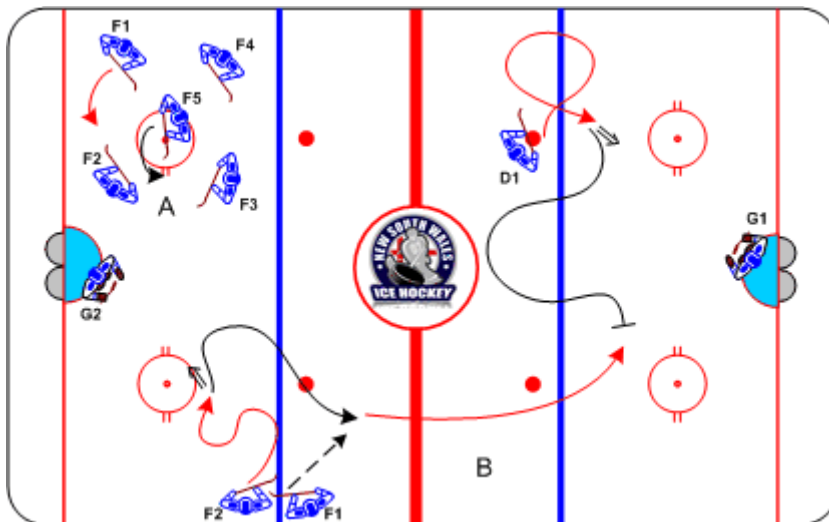




## Cross-over vs Scoot Net Drive

Duration: 8 mins

- Zone A: **F1, F2, F3, F4** skate with puck, half speed around circle, **F5** pressures - cross-over skate when not pressured, scoot when pressured
- Zone B: **F1** tight curl, shoots on **G2**, **D1** mirrors **F1** at opposite end. **F1** receives pass from **F2** and attacks **G1** with net drive using cross-over or scoot vs **D1** pressure



### Coaching Tips

- Puck protection
- Keep feet moving

### Execution Tips

- **G1, G2** passing
- **F1, D2** initiate on eye contact, next group start opposite way once **F1 & D1** make play on net