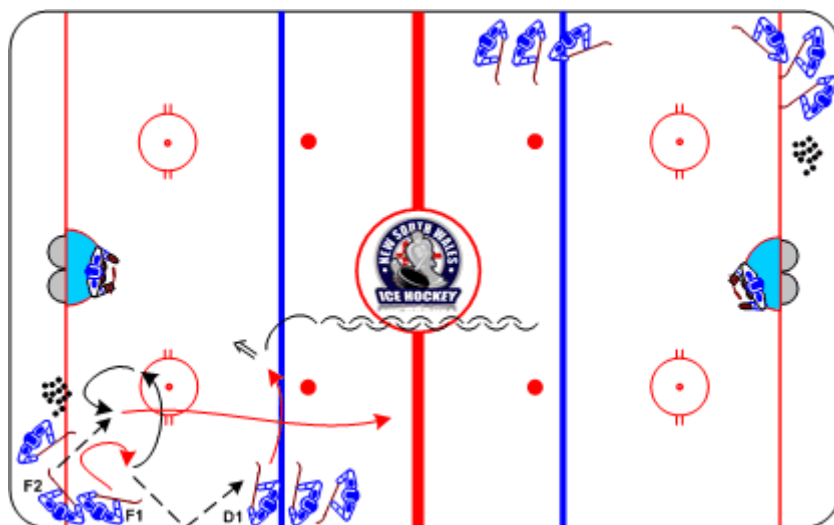




Defensive 1-on-1

Duration: 8 mins

- **F1** initiate with tight curl carrying puck
- Board pass to **D1**, drag and shoot
- **F1** drive to net
- Quick transition to loose puck in corner
- **F1** receives pass from **F2** and attacks



Coaching Tips

- Force to outside
- Angling
- Close gap
- Keep feet moving

Execution Tips

- Both ends at the same time
- After drag & shoot, **D1** anticipate breakout to simulate game situation