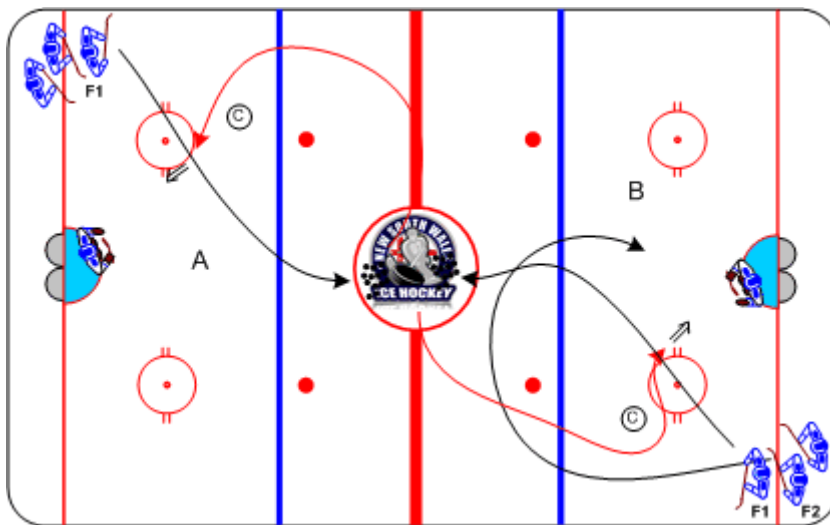




## Net Drive/Drive Delay

Duration: 8 mins

- Zone A: F1 retrieves puck at centre ice
- Inside-out net drive
- © provides resistance
- Zone B: F1 repeats as in Zone A
- F2 provides mid-lane support



### Coaching Tips

- Inside-out drive skate
- Mid-lane support
- Puck protection
- Timing

### Execution Tips

- When puck is retrieved at centre ice, next group begins
- Both sides/both ends - 4 groups