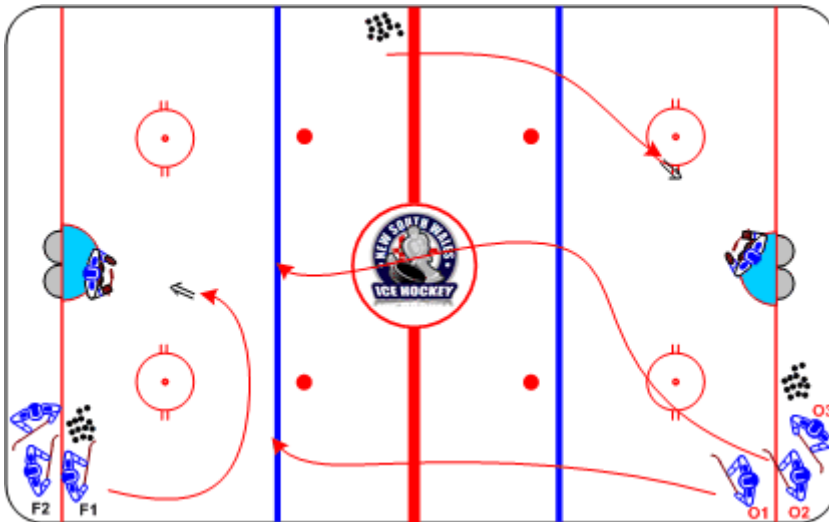




Mid-Seam Attack, blue line Shoot

Duration: 6 mins

- Zone A: **F1** starts with shot on net
- **F1** retrieves puck at red line and shoots in stride
- Zone B: **O1**, **O2**, **O3** initiate at same time, filling all 3 lanes
- Shoot in stride at far blue line



Coaching Tips

- Shooting in stride
- Timing
- Communication to initiate drill

Execution Tips

- In Zone A, 2 groups at same time
- In Zone A, **F2** starts when **O1** shoots at blue line
- In Zone B, **O1**, **O2**, **O3** start at same time, but shots are spaced