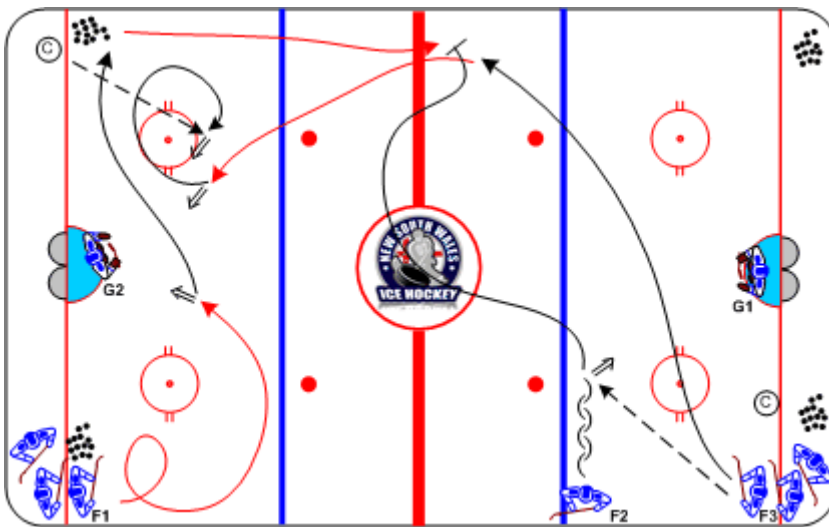




Defensive Support, Riding Check

Duration: 8 mins

- **F1** initiates, tight turn with puck, shot on net
- **F1** retrieves puck in corner, attacks through neutral zone
- At same time, **F2** receives pass from **F3**, 1x shot at **G1**
- **F2** open ice angle vs **F1**, **F3** provides defensive support
- **F3** retrieves puck, counter & attack **G2** shooting in stride
- **F3** receives pass from © for 2nd 1x shot, drives for rebound



Coaching Tips

- Open ice angle/seal-pin
- One-time point shot
- Drive net for rebound
- Defensive support
- Shooting in stride

Execution Tips

- Good communication between **F1**, **F2**, **F3** to initiate drill
- Run drill from both ends at same time