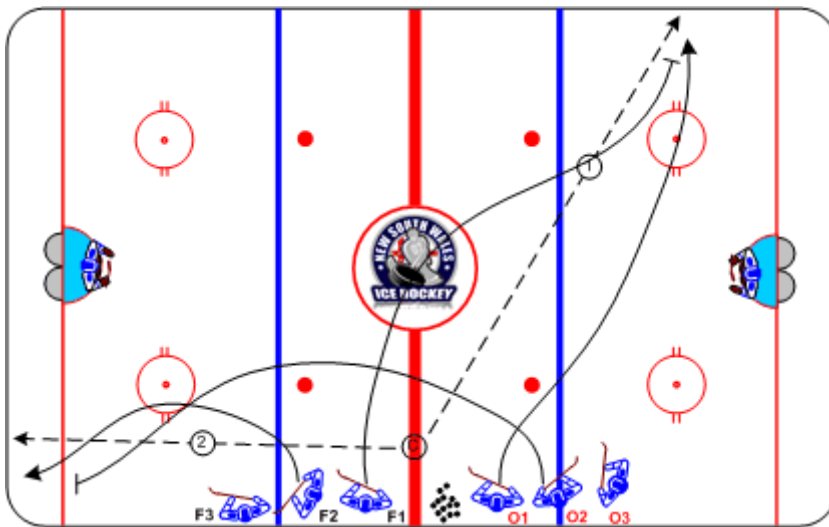




1-on-1/2-on-1 - Puck Protection

Duration: 6 mins

- © initiates by randomly dumping the puck
- F1 vs O1 continues until goal is scored
- © initiates 2nd group while 1st group battles, may have several groups at once
- count pucks in net to declare winner



Coaching Tips

- Open ice angling
- Defensive positioning
- Offensive creativity

Execution Tips

- © controls number of groups in action