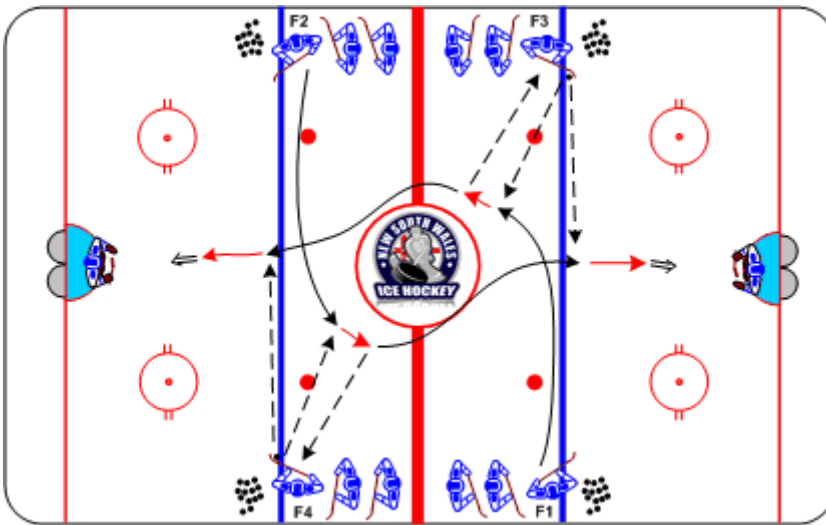




Blazer 1-on-0

Duration: 8 mins

- F1 skates along blue line, receives and returns pass from F3
- F1 drives mid-lane, receives pass from F4
- F1 shoots on net
- F1 and F2 go at same time
- F3 and F4 go next



Coaching Tips

- Quick transition on breakout
- Creative timing
- Attack options using width and depth

Execution Tips

- Middle drive
- Soft hands