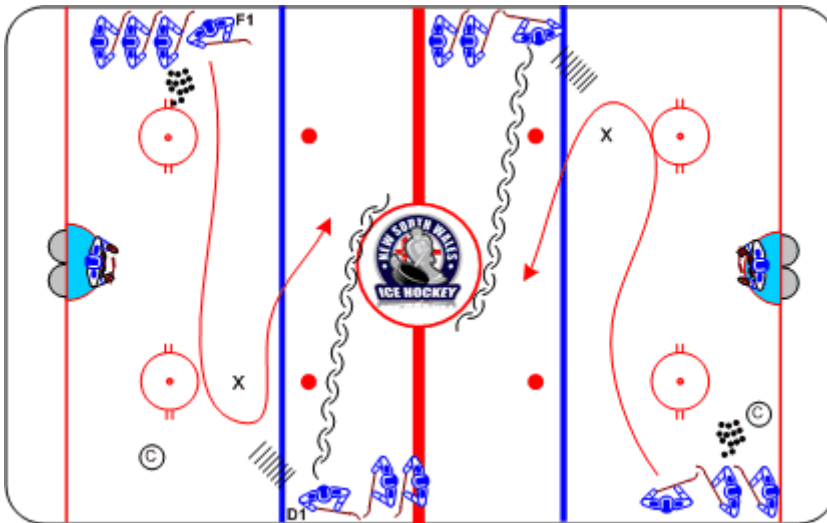




1-on-1 • Wall Touch

Duration: 7 mins

- On the whistle, Forwards skate across ice controlling puck
- Forwards drive around the pylon and go back to the far lane around centre ice
- Defense start by lining up with pylon. On the whistle, Defense execute lateral crossovers to the boards (touch the boards) then begin skating backwards across the ice in pursuit of the Forwards (outside the centre circle)



Coaching Tips

- Quick feet, head up
- Gap control
- Angle to the outside

Execution Tips

- Forwards must stay wide, beating the Defense wide, while executing a net drive
- Synchronise both ends on the whistle