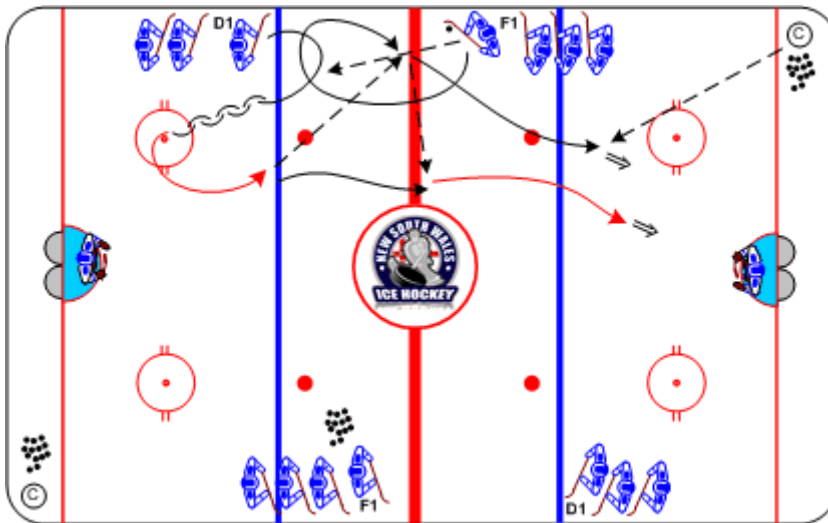




Defender Give-and-Go with 2nd Shot

Duration: 7 mins

- F1 passes to D1, D1 steps out skating backwards
- F1 provides close support in preparation for a give-and-go with D1
- F1 accelerates, shoots on net
- F1 follows up, receives pass from ©, for a 2nd shot on net
- D1 stays in front of the net for a screen or deflection



Coaching Tips

- Close support
- Give-and-go
- Defense jump up

Execution Tips

- Change sides
- Players to stay on designated side of ice
- Both sides of the ice at the same time