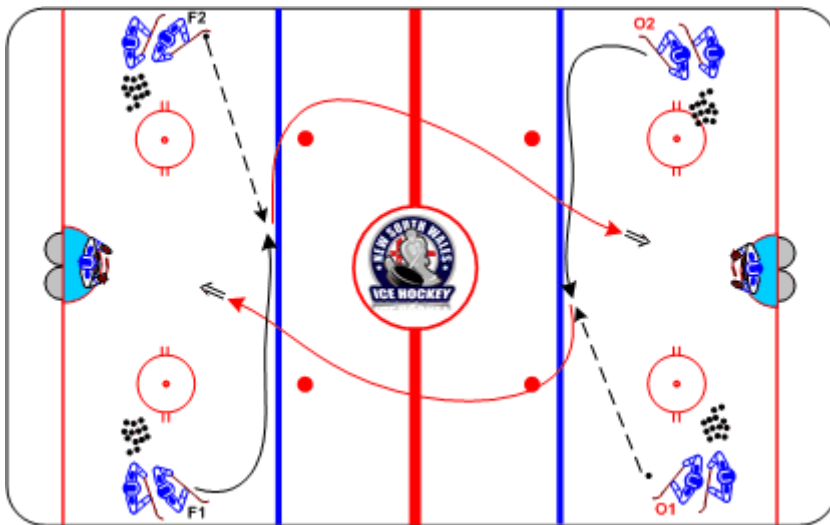




## Flat Skating

Duration: 7 mins

- F1 and O1 flat skate along blue line
- F1 and O2 receive pass from F2 and O2
- F1 and O1 drive wide, shoot on net



### Coaching Tips

- Low wrist shots
- Accelerate into pass
- Communication to initiate drill and passes

### Execution Tips

- Skaters stay on same side
- Warm up goaltenders