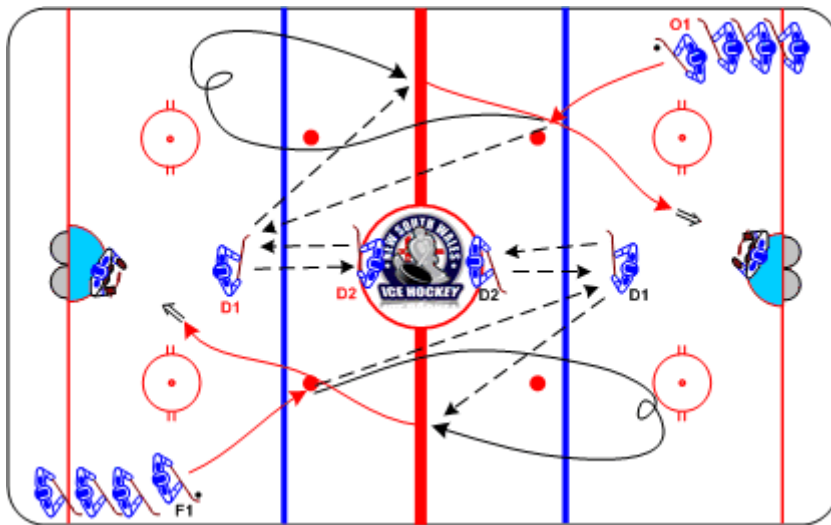


## Plunger 1 - Touch and Up

Duration: 7 mins

- F1 skates through dots, passes to D1
- D1 passes to D2 to D1, back to F1 for shot on net
- F1 and O1 start together



### Coaching Tips

- Accelerate into pass
- Defense keep feet moving/one-touch passing
- Forwards open pivot/close quick support
- Keep eye on passer

### Execution Tips

- Communication to initiate drill
- Use both sides
- Change defensemen