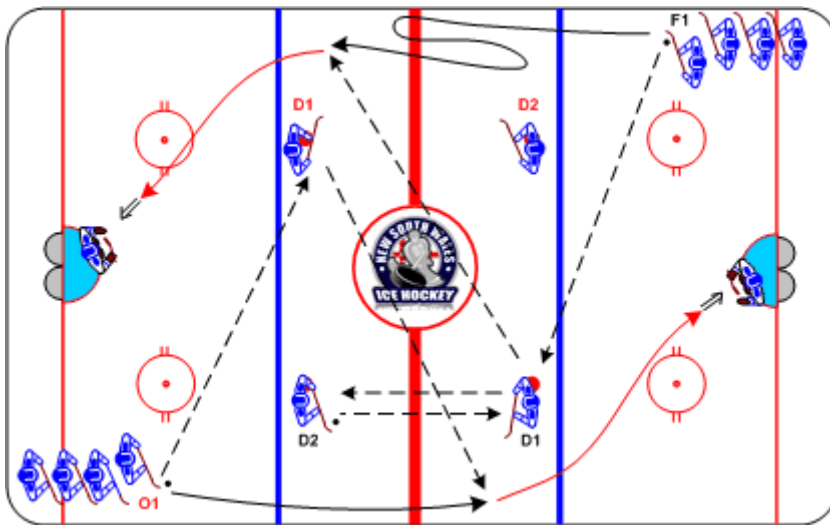




Transition Drill

Duration: 7 mins

- F1 passes to D1
- D1 passes to D2 simulating a turnover
- F1 turns to backcheck, D2 passes to D1
- F1 receives wide pass from D1 and drives wide for shot



Coaching Tips

- Change of pace skating for Forwards
- Keep eye on puck
- Defense pause before passing

Execution Tips

- Both sides at same time
- Change sides at half-way point
- Option: Defense give-and-go with Forwards