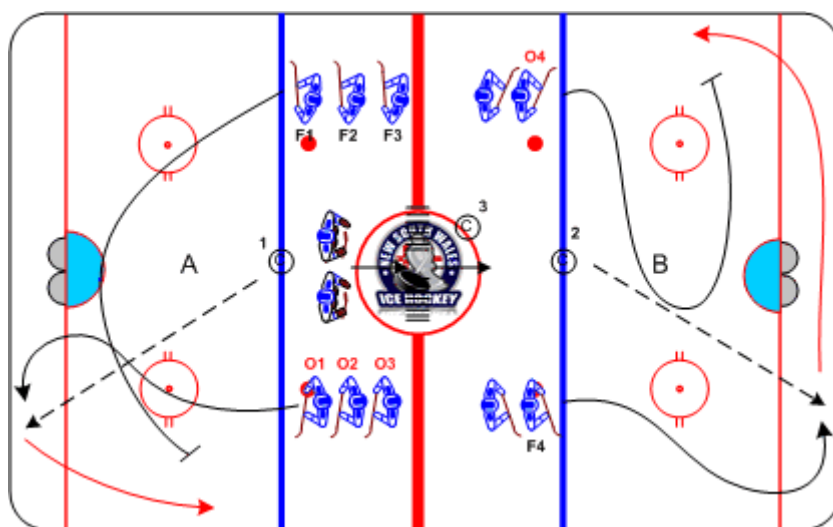




## Escape Series

Duration: 10 mins

- Zone A: © 1 dumps to any corner, O1 retrieves puck
- O1 up wall to blue line, F1 angles, hits and pins
- Zone B: © 2 dumps to any corner, F4 retrieves puck
- F4 skates behind net to blue line, O4 closes gap, angles to outside, hits and pins
- Zone C: Goalies in centre circle with © 3 for clock drill



### Coaching Tips

- Angling, pinning
- Quick feet, full speed

### Execution Tips

- Skaters tag goal line, then blue line on turnovers
- Option: O1 and F4 fight to blue line, then back for scoring attempt