

Title : Off the Wall Dump

Category #1 : Defensemen

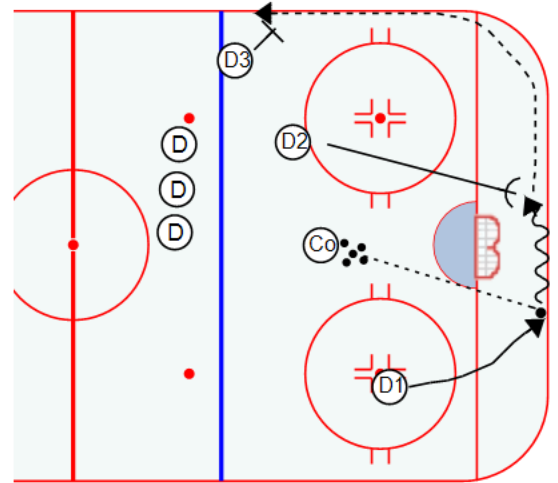
Category #2 : Dump Out

**Description**

Coach dumps puck behind the net  
D1 retrieves the puck and skates behind the net  
D2 pressures D1 to force quick thinking  
D1 dumps the puck up the wall high off the glass  
D3 works the BL and tries to keep the puck in the zone

Alternate sides so the defensemen can work both forehand and backhand sides.

Spare D stay behind the BL and catch pucks that get out of the zone



Key points:
