

Title : 1D 2F Drill

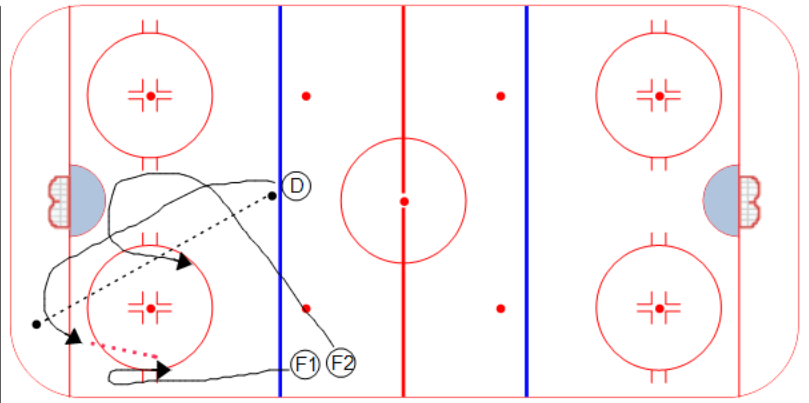
Content elements: _____

Components : _____

Description

1. D dumps puck into corner
2. D retrieves puck in the corner
3. F1 gets into breakout position
4. F2 supports middle of the ice
5. D makes quick pass to F1
6. F1 and F2 go 2v0 to the other end

Run drill from both ends



Key Points :