

Title : 1x1 Both Ends

Content elements: \_\_\_\_\_

Components : \_\_\_\_\_

**Description**

Drill starts with D1 coming around the net and making an outlet pass to F1

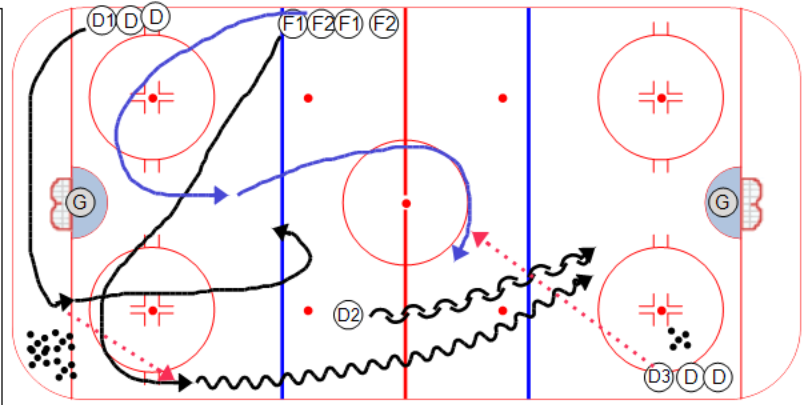
F2 skates low to act as middle lane support on the outlet pass

F1 goes 1x1 against D2 down to the far end

F2 comes around the center circle and receives a pass from D3 along the wall and goes on 1x1 against D1

D3 comes out and becomes new D2

D1 starts the drill again with F1 & F2



**Key Points :**