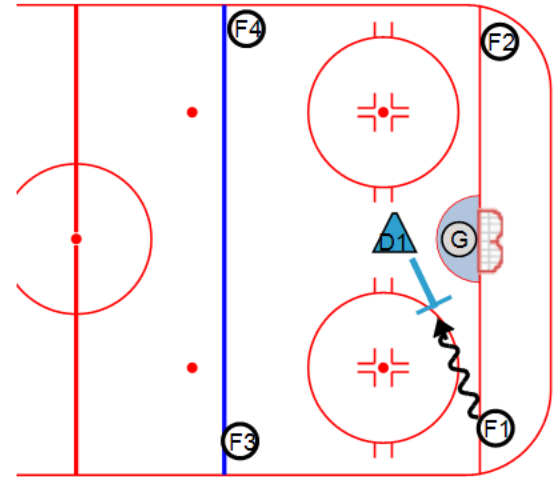


Description

Drill is designed to have the forwards work on 1 on 1 tactics. Play the initial rush and any rebound that stays near to net to force the forward to work hard in the dirty areas.

Drill starts with F1 going 1 on 1. On the whistle F2 goes against D1 and then F3 and F4 in progression.

This drill also helps work the defensemen with play around the crease.



Key points:

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