

Description

Place a puck in both corner areas.

F1 at the blue line goes down the wall through the checking gauntlet to retrieve the puck in the corner.

Once F1 exits the gauntlet the C sprints down low to defend F1 from coming in front of the net for a shot.

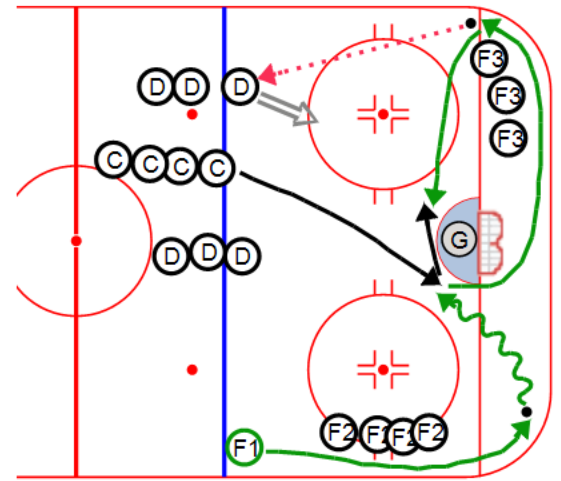
On the whistle F1 breaks free and goes through the second gauntlet to retrieve the puck in the other corner.

F1 passes to D at the point. F1 breaks back to the front of the net for a deflection/screen while the C defends.

D can shoot or go D2D for a shot.

The gauntlet should be good checks but not too aggressive. We are just trying to teach the F to work through traffic along the wall to get the puck.

When drill is complete F1 goes to the back of F3 line. Top F2 becomes new F1 and first F3 goes to the back of the F2 line.



Key points:
