

Title : Rim Deflect 1 on 1

Content elements:

Components :

Description

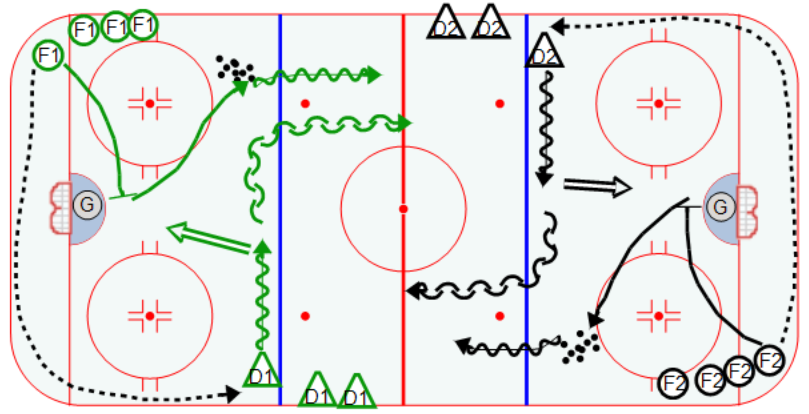
Drill goes in both directions at the same time.

F1 starts in the corner and rims the puck around to D1.

D1 walks the puck out between the dots while F1 goes to the front of the net for a deflection.

D1 shoots. After the shot F1 picks up a puck at the top of the circle and goes 1v1 against D2.

F2 and D2 run the same pattern.



Key Points :