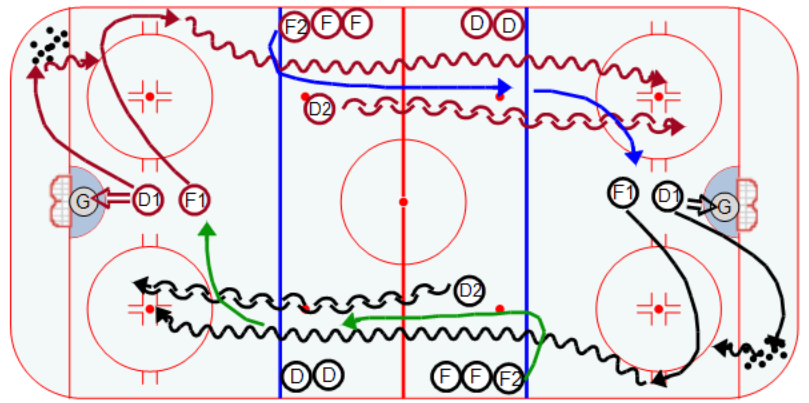


Description

Drill runs from both ends at the same time.
 Drill starts with D1 taking a shot and then going to the corner to retrieve a puck.
 F1 skates to the wall to receive the breakout pass from D1.
 F1 attacks D2 1v1. When the rush passes the F line, F2 joins the play as either a support skater or a backchecker, whichever the coachs wants to practice.
 F2 only supplies light backcheck pressure and if he is support F1 does not pass him the puck, but it allows the D to work on good positioning to defend the 2v1.
 After the shot or on the whistle, D2 retrieves a new puck and passes to F2 on the wall. Drill is continuous.



Key Points :

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