

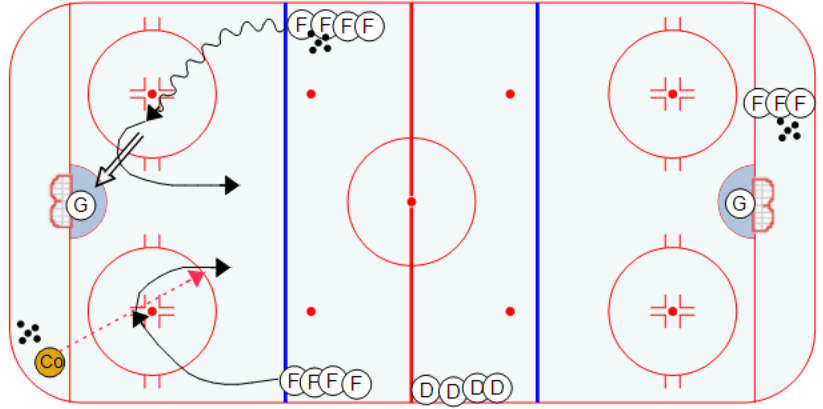
Title : Forwards vs Defense

Category #1 : Competitive

Category #2 : Scoring

Description

The goal is to score 15 goals in 10 minutes.
Forwards against the defensemen
Four parts
2x0 - 2x1 - 3x2 - 1x0
Part 1
Two forwards attack the net 2x0. Only one shot can be taken, no rebound attempts.



Key points :

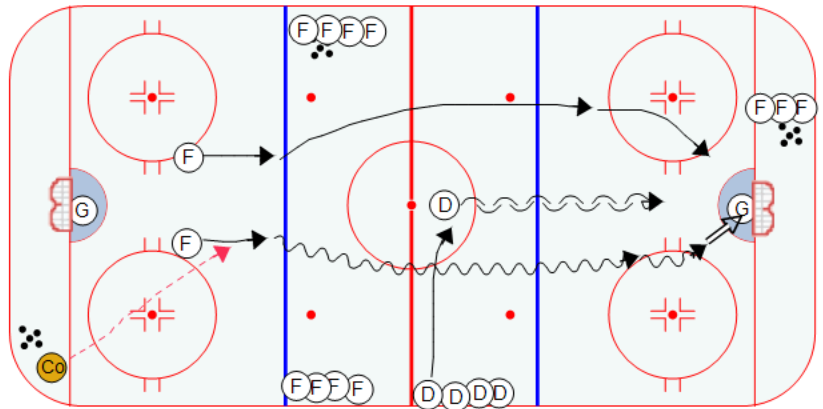
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Part 2
After the initial shot both forwards turn up ice and receive a pass from the coach in the corner.
A defenseman steps out and defends the 2x1. Again only one shot is allowed.



Key points :

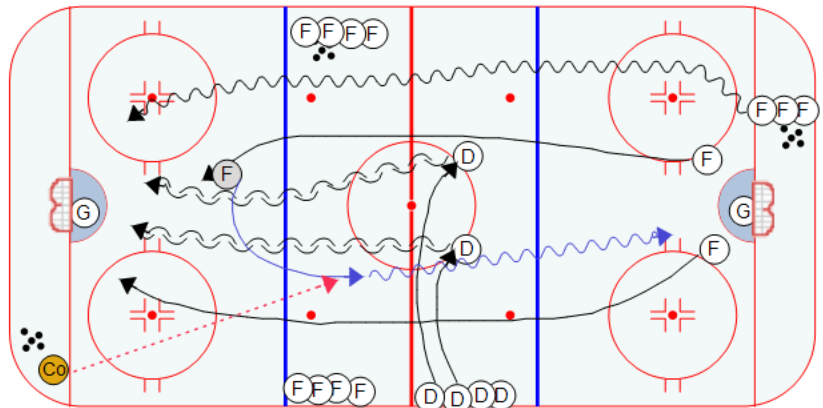
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Description

Parts 3 & 4
After shot Forward steps out with puck from behind the net to begin 3x2.
Two new defensemen step out to center ice to defend the 3x2.
Again only one shot is allowed. After shot, the coach passes to the high forward who goes in 1x0 for the final shot attempt.
The drill begins again with the initial 2x0.



Key points :