

Title : Miami 1 on 1

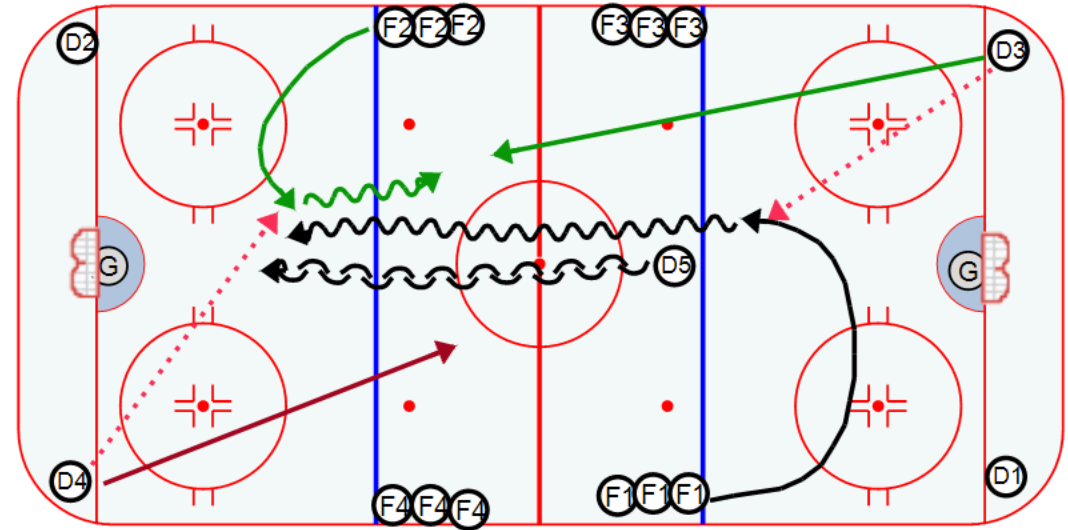
Content elements:

Components :

Description

Start with a D in the middle of the ice (D5)
F1 starts the drill by skating low and receiving a pass from D3.
F1 attacks D5 1 on 1
D that makes the pass must hustle up to the neutral zone to defend the next rush.
When the rush passes the blue line the next rush starts.
F2 loops low and receives a pass from D4
F2 attacks D3 1 on 1
D4 hustles up to defend next rush
F3 gets a pass from D1
F4 gets a pass from D2

This drill makes the team concentrate on the proper progression of the drill (F1-F2-F3-F4)
Always receive a pass from the D in the opposite corner from where the F starts the drill.
High tempo is a must.



Key Points :