

Description

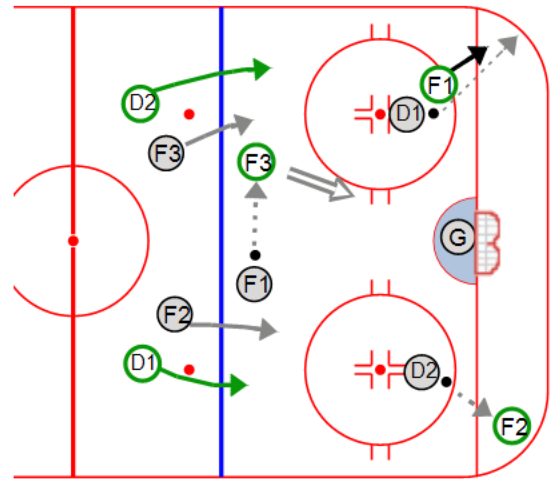
Line up as shown. Three separate parts for this drill.

Part 1
D1 puts a puck in the corner and F1 retrieves it. D1 & F1 play 1v1.

Part 2
On the whistle D1 and F1 come to the net and D2 passes to F2. F2 plays with F1 in a 2v2 down low situation.

Part 3
On the next whistle F1 passes to F3 up high. F3 shoots with the first four players in front of the net.

Players outside the blue line enter the zone and make it 5v5.
The object is for the defensive team to get the puck out of the zone by either skating with it or by making a pass to a teammate who can skate it out.



Key points:
