

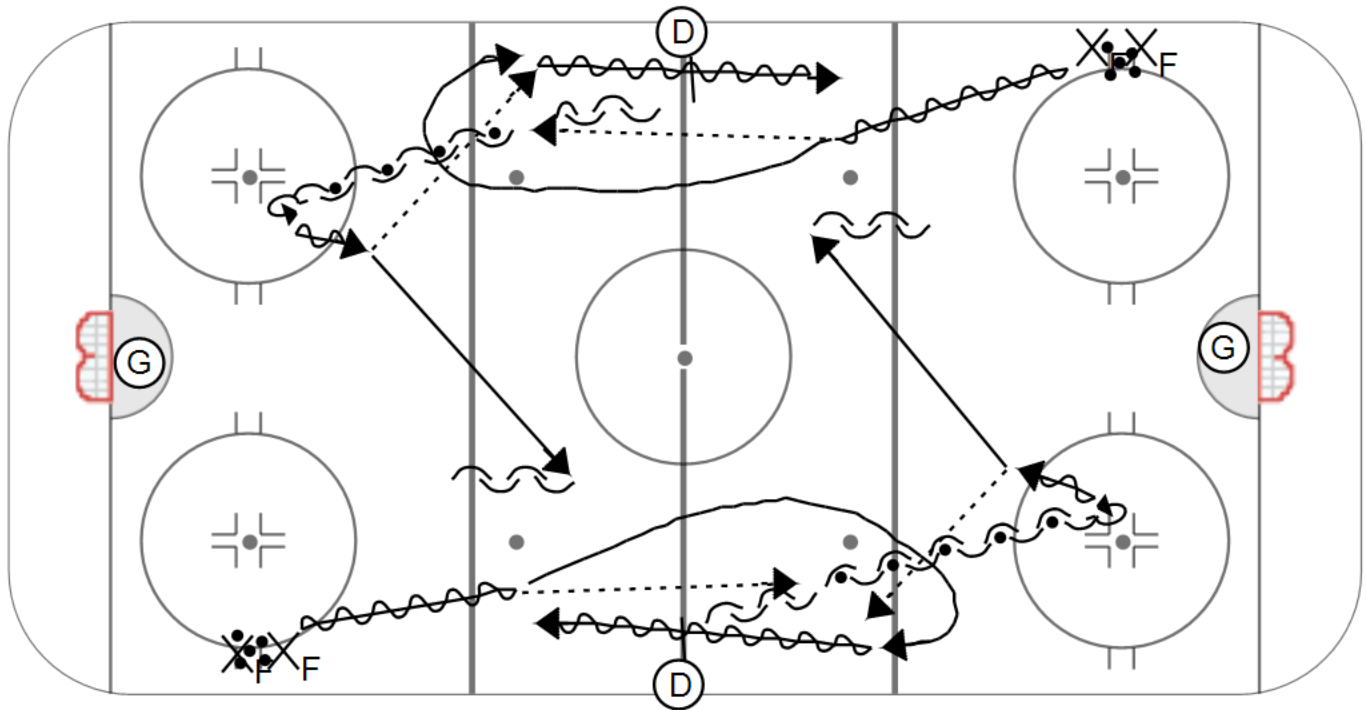
Category #1 :

Title : 1v1 D/F interaction Passing

Category #2 :

Content elements :

Components:



Key points :

Description

Forwards will start with pucks, whistle forward skate up ice with puck, Defense, steps in and then works backwards.

Forward will pass puck to Defense moving backwards, D receives puck and then skates a little bit backward with puck to stretch out drill and timing.

Defense steps to middle of ice to skate forward again, Forward will time him/herself by turning or pivoting to outside, Defense pass back to Forward.

Forward receives puck and attacks back to his/her end. Defense after making pass, you move across the zone to accept forward 1v1.