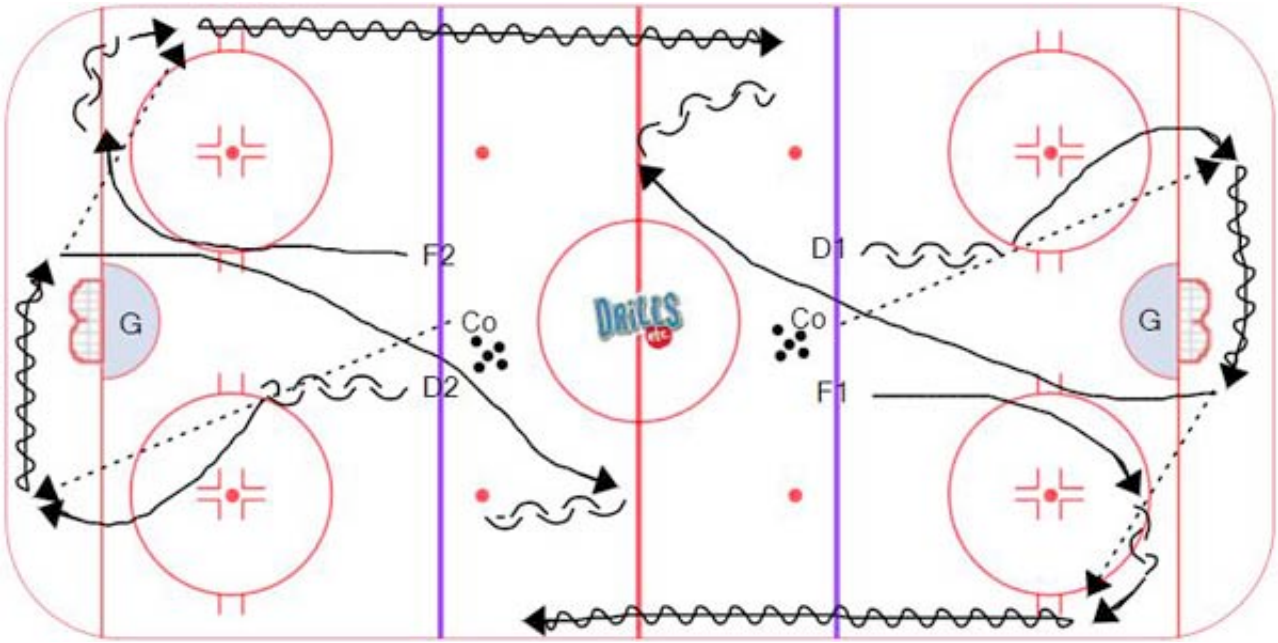
DRILL OF THE WEEK



Dawson Hustle Up

Purpose

- one vs one, breakout, gap control.

Description

- C spots a puck on net or into the corner for the D to recover and move behind the net
- the forward moves deep to receive a breakout pass with the D passing from behind the net
- after passing, the D must quickly move up and defend against the forward moving out of the other end.

Teaching Points

- get to the puck quickly, accurate first pass, D move up to tighten the gap, keep the forward to the outside, stick on puck.