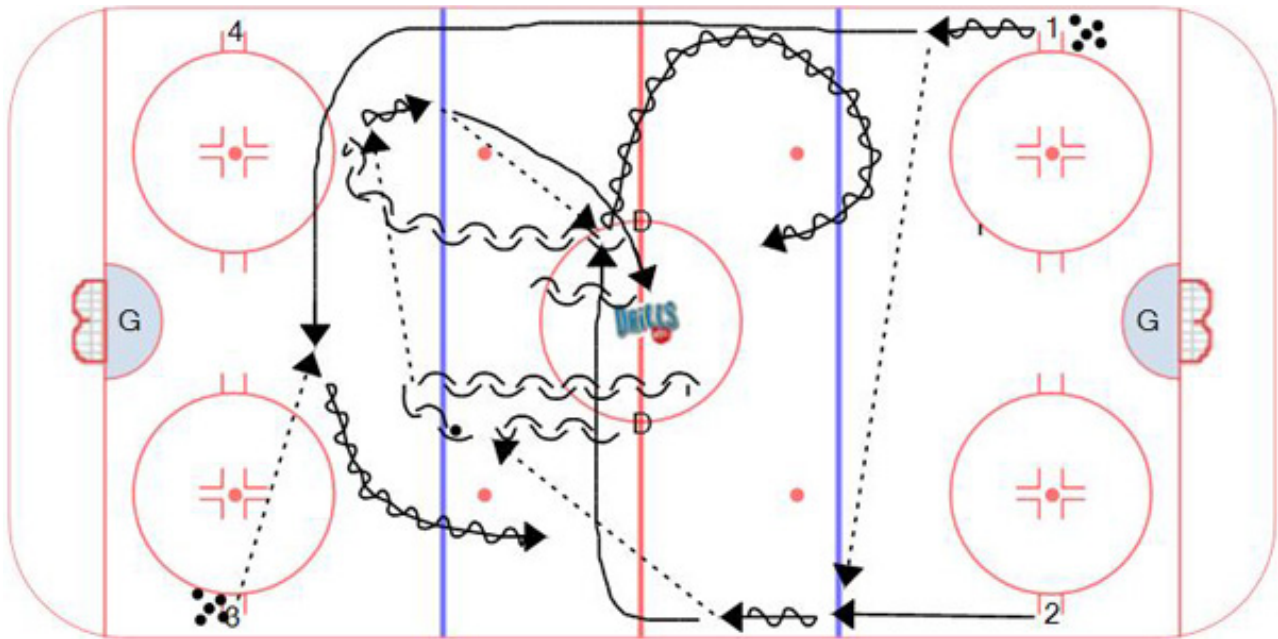




FEATURED DRILL



OPPOSITE DIRECTIONS

Purpose

- regrouping, counterattack skills, one vs one.

Description

- two forwards accelerate up ice and a cross ice pass is made
- the receiver immediately passes to the D with the passer reading the D to D pass and then filling the mid-ice
- the second forward curls deep into the zone to receive a pass from the corner
- the forward that curled deep, attacks one D 1 vs 1 the opposite way
- the second forward curls back and attacks the second D one vs one.

Teaching Points

- create speed on the transition, D skating agility to create a tight gap, keep the forward to the outside.