

Categories

COACHING MANUAL

Drill Title : LOW OPTIONS

CREATING OFFENSE

Components : _____

Content elements : _____

Description

F1 SKATES PUCK UP AND DROPS TO F2 COMING DOWN. F1 THEN CREATES A PASSING LANE AND F2 PASSES THROUGH THE CIRCLE TO F1 WHO SHOOTS AND STOPS AT THE NET

F2 THEN GETS A PUCK AND PASSES TO D WHO SHOOTS OR SLAP PASS TO F2

Key Points

