

Categories

ATTACK OPTIONS

Drill Title : PUCK RETRIEVAL

ADVANCED

Components :

Content elements :

Description

C PASSES TO EITHER WING WHO IMMEDIATELY DUMPS TO FAR CORNER. OPPOSITE WING SKATES AND CAN A) SHOOT PUCK BEHIND NET TO OTHER CORNER, B) START A CYCLE, C) SKATE AND DRIVE SHORT SIDE.
C SUPPORTS HIGH!!
WING CAN ALSO DO HARD AROUND DUMP

Key Points

pudd placement

speed to puck

communication

support position

