

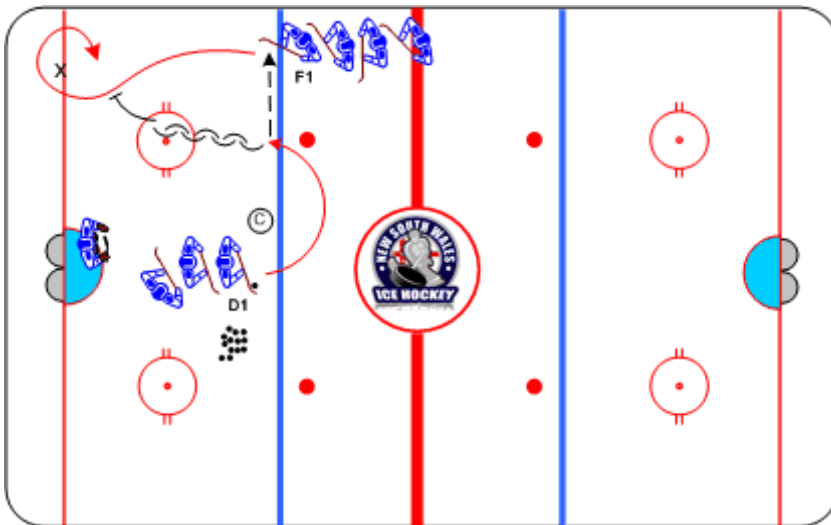


3 Stations — Station 1

1-on-1 Offensive Zone

Duration: 6 mins

- D1 skates halfway between coach and F1, passes to F1, skates backwards, and pivots
- F1 drives to tight turn in corner around pylon
- F1 vs D1, play 1-on-1 low zone, alternate sides



Coaching Tips

- F1 to drive full speed to quick tight turn
- D1 to read pressure or stall and contain

Execution Tips

- F1 must remain in low zone
- D1 to protect middle
- May add give-and-go option using © as D2