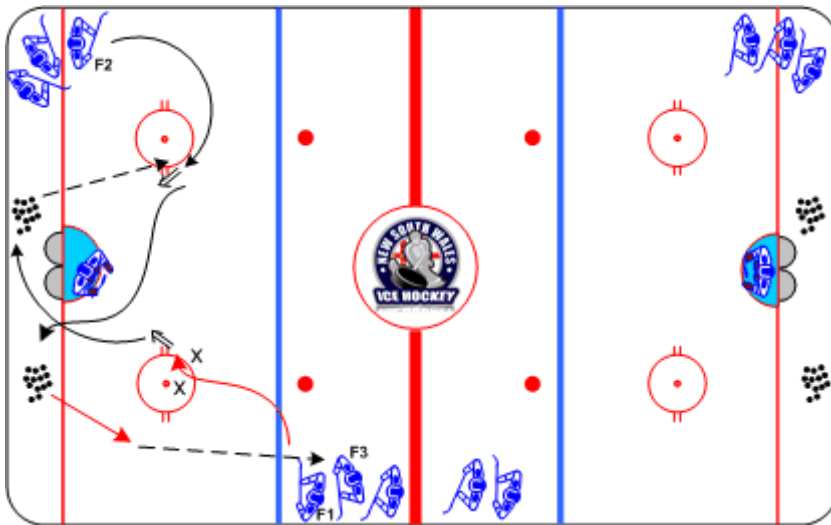




Quiet Zone Retrieval

Duration: 8 mins

- F1 moves between pylons and shoots
- F1 moves behind net, retrieves a puck and passes to F2
- F2 shoots and retrieves a puck from beside net and passes to F3
- Cycle continues



Coaching Tips

- Communication
- Timing
- Quick retrieval of puck

Execution Tips

- Timing of F2 based on puck control of F1
- Shoulder check prior to picking up puck for immediate pass