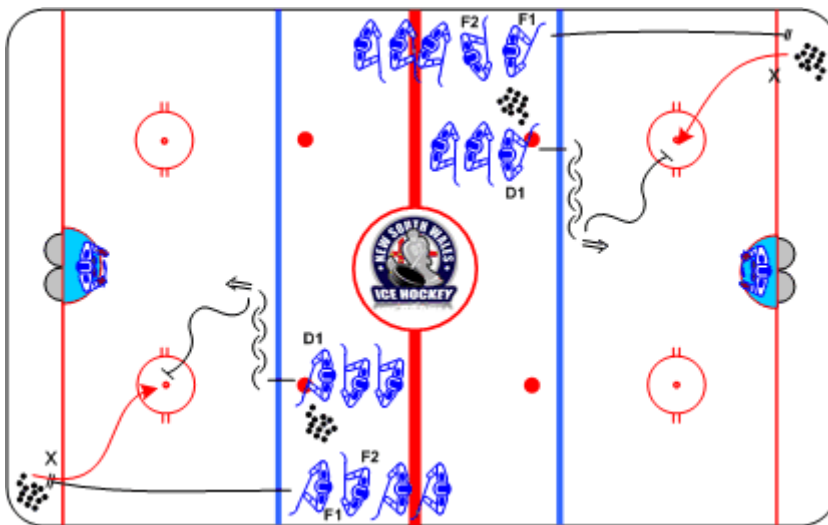




## 1-on-1 from Corner with Help

Duration: 10 mins

- D1 drags puck to centre, shoots on goal
- F1 skates to the corner and retrieves a loose puck
- F1 plays 1-on-1 against D1
- If F1 cannot penetrate to net, F1 returns puck to corner and calls for "help"
- F2 joins for 2-on-1 play



### Coaching Tips

- Puck Protection
- Penetrate to the net
- Defenders read pressure or stall and contain

### Execution Tips

- F1 to keep feet moving
- Communication
- F1 aggressive at attempting to penetrate