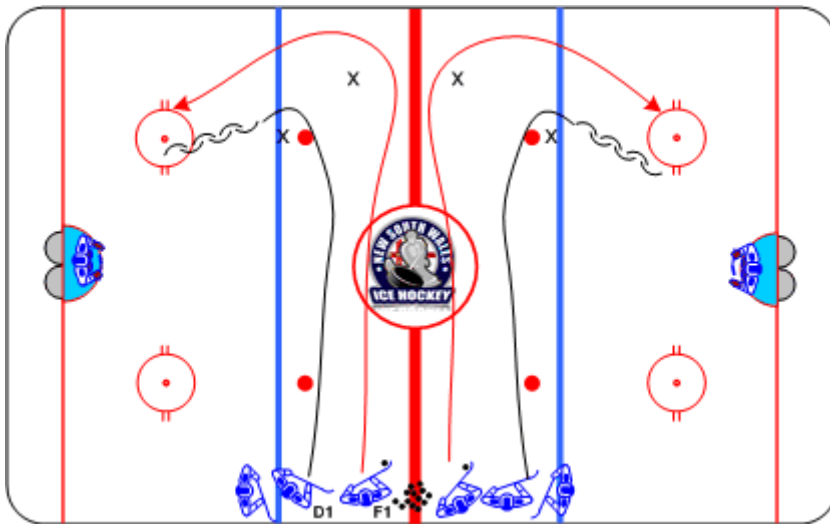




## Net Drive 1-on-1

Duration: 7 mins

- F1 carries the puck around both pylons and drives to the net
- D1 leaves at the same time and must go between the pylons moving backwards
- F1 must drive to the outside



### Coaching Tips

- Quick feet
- Crossovers
- Puck protection

### Execution Tips

- Next group leaves as previous group enters the slot
- © reinforces the outside net drive at full speed