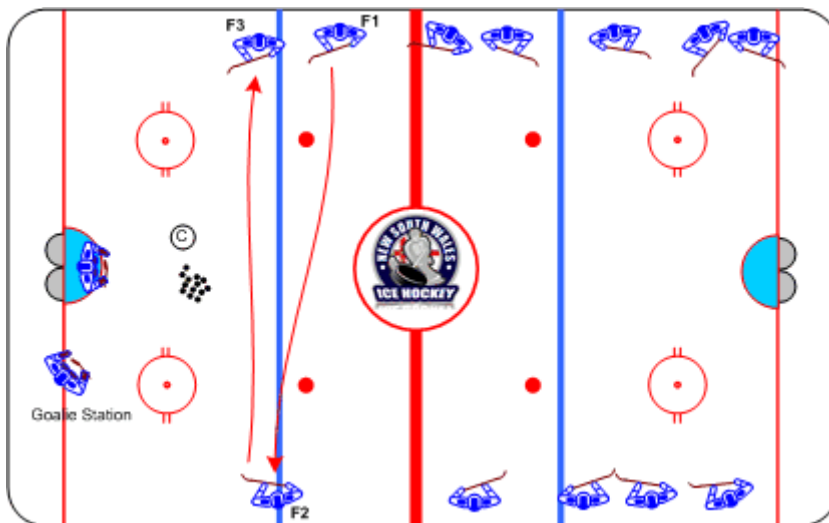




Cross-Ice Relays

Duration: 5 mins

- F1 carries puck to F2
- F2 carries puck to F3
- F3 carries puck to F1
- © introduces different option in mid-ice, including stick, shoulder and skating fakes



Coaching Tips

- Accelerate away from a fake
- Use variety

Execution Tips

- High number of repetitions
- Practice both forehand and backhand