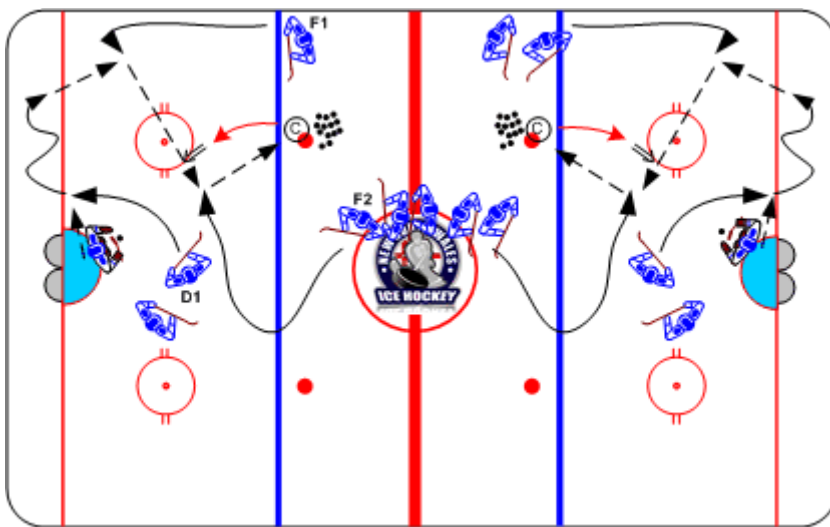




## Single Side "Up"

Duration: 8 mins

- © directs the puck at the net
- The goalie sets the puck up for D1
- D1 passes to F1
- F1 takes one stride and passes to F2
- F2 must control skate to receive pass
- F2 to ©, drill repeats; work from all 4 corners



### Coaching Tips

- Timing
- Communication

### Execution Tips

- F2's timing is based on F1's puck control
- Goalie must focus on proper puck set-up
- F2 must not arrive early