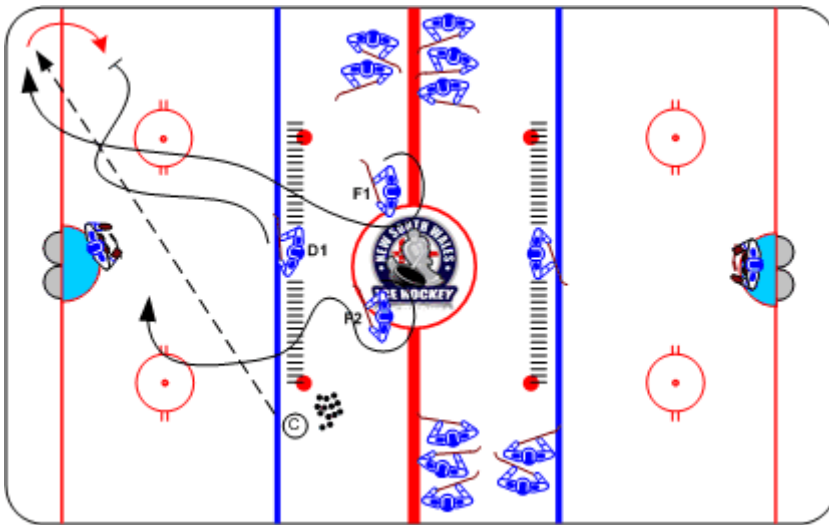




Go, Go, Go Drill

Duration: 8 mins

- **F1 & F2** skate in neutral zone, **D1** lateral crossovers on blue line
- © spots puck into zone, says "go" - **F1** to puck
- Second "go" - **D1** to defend
- Third "go" **F2** to support
- Play until goal is scored or **D1** carries puck out



Coaching Tips

- Support
- Communication
- Pressure defense

Execution Tips

- Active support of **F2**
- Reinforce net drive
- © feedback directed at **F2** active support