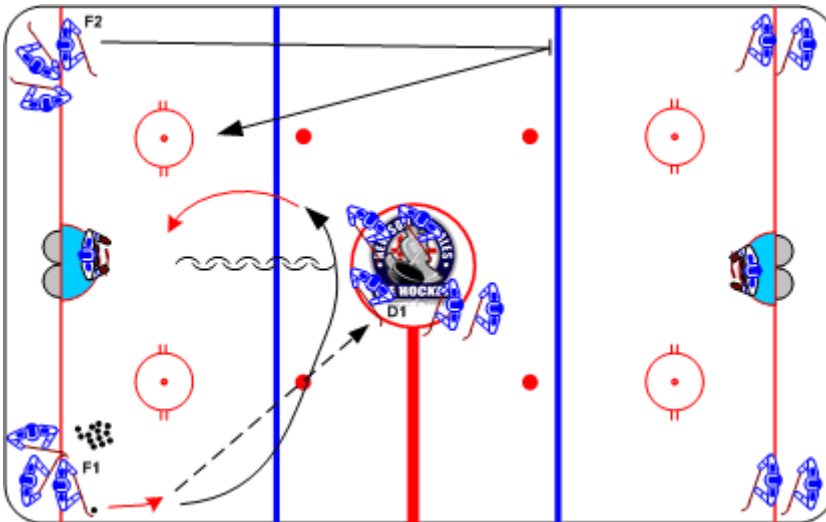




1-on-1 with a Helper

Duration: 7 mins

- F1 skates forward and passes to D1
- D1 receives pass, pivots and spots the puck for F1
- F1 retrieves the spotted puck and attacks D1, 1-on-1
- F2 sprints for far blue line, stops and returns to provide offensive support to F1



Coaching Tips

- Communication
- Delay tactics
- Support

Execution Tips

- Encourage drive delay option
- Aggressive defense
- F1 and F2 leave at the same time