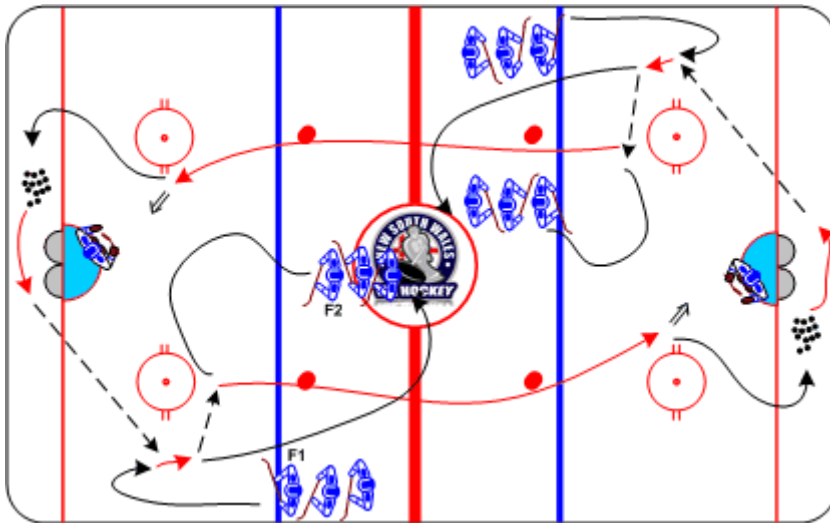


Canada Cup Drill - 2 Players

Duration: 7 mins

- Shooter retrieves a puck from behind the net, passing to **F1** in quick low support position (hash marks)
- **F1** takes two strides and passes to **F2**
- **F2** executes net drive, shoots and picks up new puck from behind the net to initiate a new repetition



Coaching Tips

- **F1** timing, reading off the net drive skater
- **F2** timing, reading off **F1's** puck control
- Quick acceleration on pass reception

Execution Tips

- **F1** quick low support, open pivot to the puck carrier
- Begin first repetition with a shooter at the blue line
- © may control the release of **F1** and **F2** with verbal cues