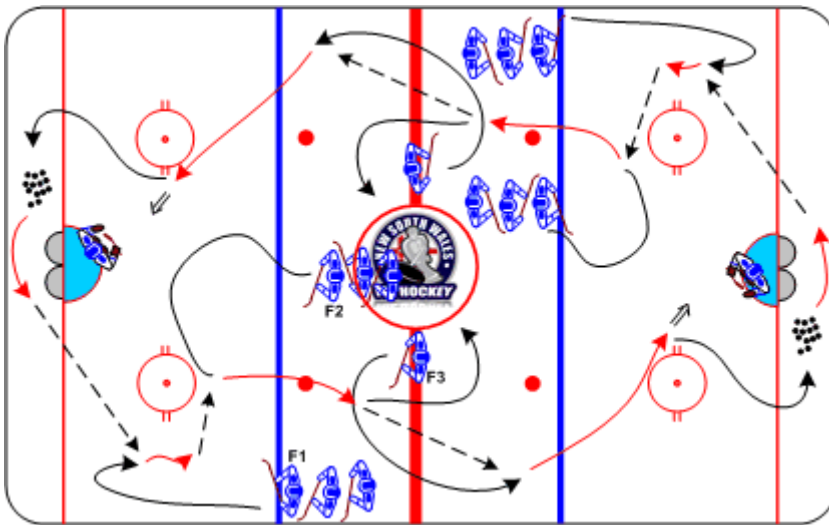




Canada Cup Drill - Swing

Duration: 8 mins

- Shooter retrieves a spotted puck from behind the net, passing to **F1** in quick low support position (hash marks)
- **F1** takes two strides and passes to **F2**
- **F3** crosses from the mid lane to the boards and accelerates up the wall receiving a pass from **F2**
- **F3** executes net drive, shoots, retrieves spotted puck



Coaching Tips

- Timing and communication
- Reading puck control
- Acceleration into puck

Execution Tips

- **F1** reads cue from the shooter retrieving a loose puck
- **F2** crosses to the board lane
- © may control the release of **F1** and **F2** with verbal cues