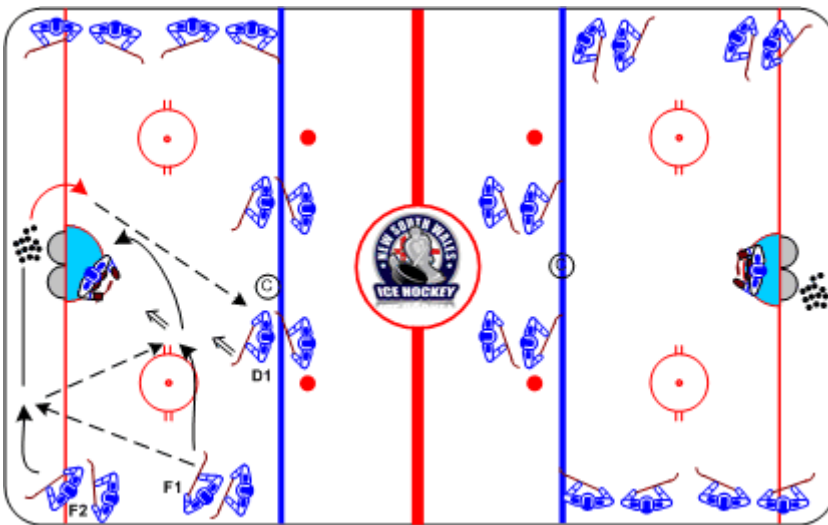




## Low Pass and Follow-Up

Duration: 8 mins

- F1 executes give and go pass with F2
- F1 shoots and moves to far post
- F2 retrieves second puck from behind net, passes to D1 (back door)
- Drill repeats, opposite side



### Coaching Tips

- Goalie movement
- Communication
- Quick release and one time shooting

### Execution Tips

- Goalie must be set to start each repetition
- Back door; defenseman in motion from the boards to mid ice, into the slot