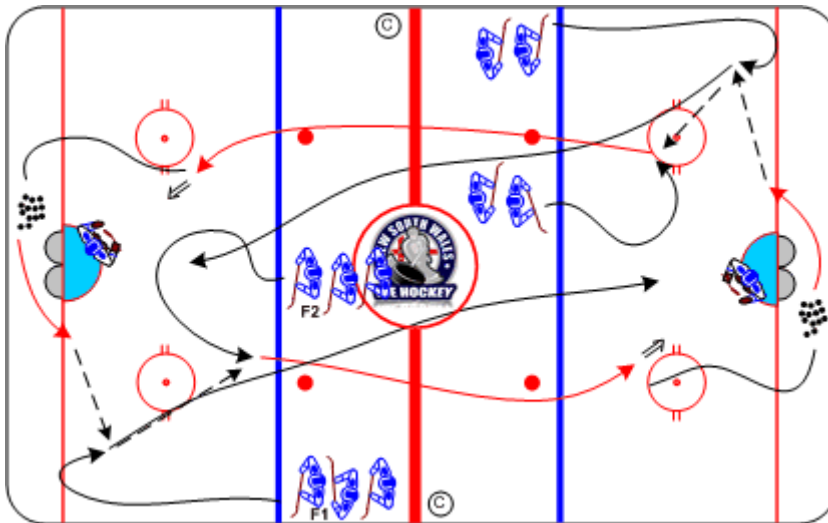




## Coquahalla Swing Drill

Duration: 7 mins

- Shooter retrieves loose puck from behind the net
- **F1** anchors quick low support to receive pass
- **F1** accelerates with the puck and passes to **F2**
- **F2** executes outside net drive, while **F1** follows up for rebound
- **F2** retrieves loose puck and continues the drill



### Coaching Tips

- Timing
- Communication
- Support

### Execution Tips

- **F2** skating onto the puck
- **F2** reads control from **F1**
- **F1** timing on previous **F2**, © feedback on **F2** timing