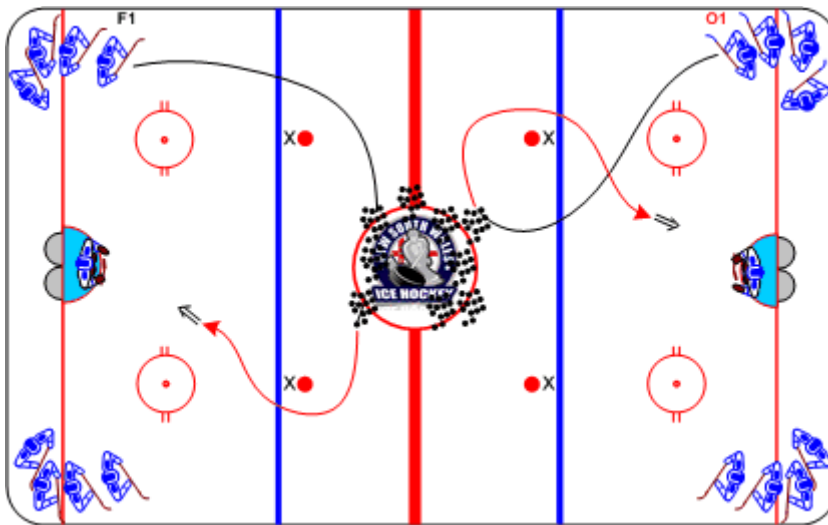




Half-Ice Horseshoe, Inside/Outside

Duration: 8 mins

- **F1** accelerates through centre circle, picks up puck and drives outside lane for shot on net
- Inside out: **O1** picks up puck in neutral zone, turns toward near side, accelerating to outside drive for shot



Coaching Tips

- Full speed puck carrying on cross-over strides
- Tight turn and acceleration on inside-out

Execution Tips

- As player takes puck in neutral zone, next player begins
- Exit tight turns with short, quick strides