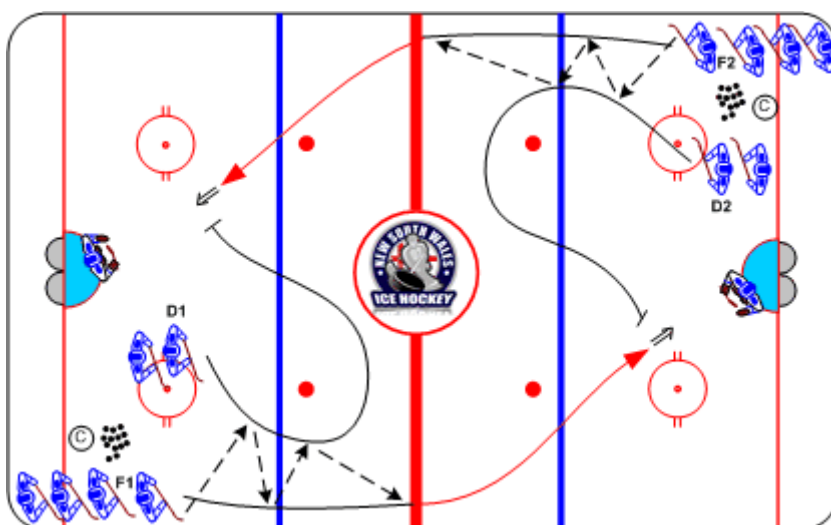




Outside Drive Drill 1-on-1

Duration: 7 mins

- **F1** and **D1** touch pass to centre line
- **F1** drives on goal, **D2** angles from inside
- The next group begins on the whistle
- Switch sides half-way through drill



Coaching Tips

- Forwards to accelerate to maintain the advantage
- Puck protection while reading Goalies

Execution Tips

- Begin on the whistle to ensure timing
- Progression: defense shadow only, no contact; add limited contact