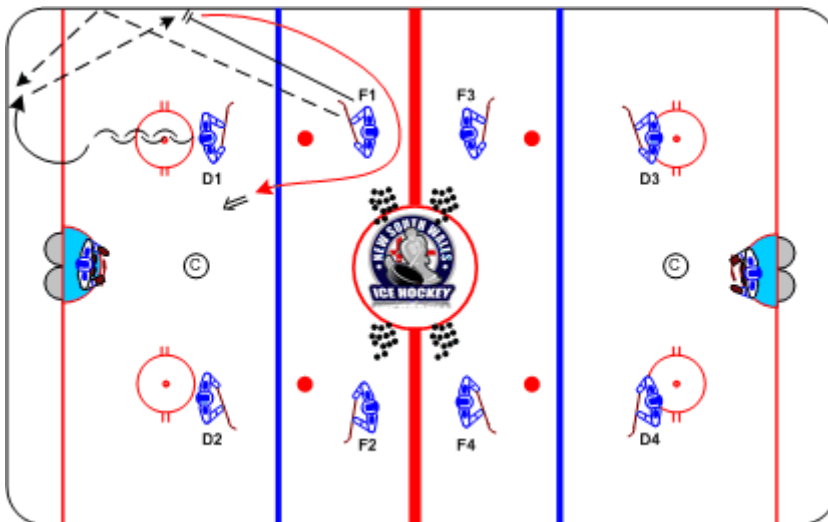




4 Dot Drill, 1-on-0 and 2-on-1

Duration: 7 mins

- F1 spots puck into corner
- D1 retrieves puck for breakout pass to F1
- F1 skates around line, executes a net drive and shoots on goal
- For 2-on-1, Forwards move to boards, one Defense begins at blue line



Coaching Tips

- Defense shoulder checks prior to puck retrieval
- Hard, accurate stick to stick passing
- Forwards must execute proper timing and support

Execution Tips

- 1-on-0: Alternate lines on the whistle
- 2-on-1: Groups at both ends go on the same whistle