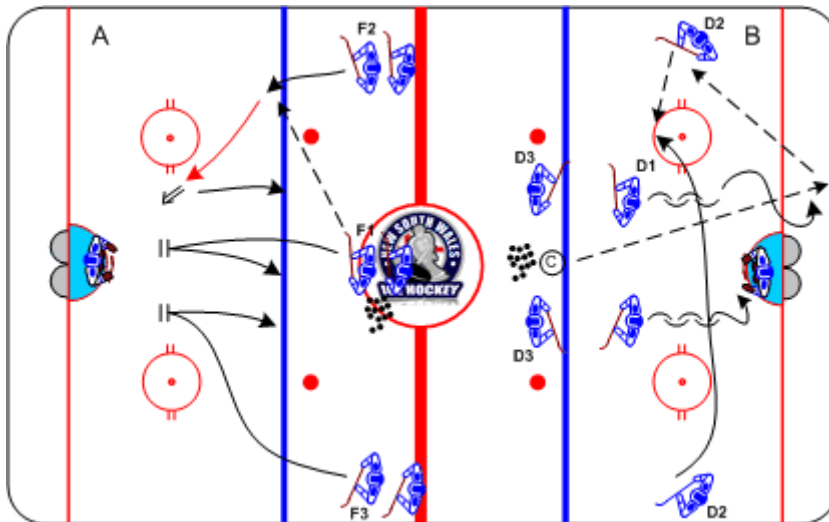




Positional Sequence

Duration: 7 mins

- Zone A: Forwards, quick passing and shooting sequence: F1 to F2; F1 to F2 to F1; F1 to F2 to F3; F1 to F2 to F1 (cross); F1 to F2 shoot-in, to F3
- Repeat each on both sides



Coaching Tips

- Communication
- Tempo
- Quality puck movement

Execution Tips

- Quick repetitions of game-like habits
- After play on net, Forwards recover to blue line
- After breakout, Defense go to pass option on boards