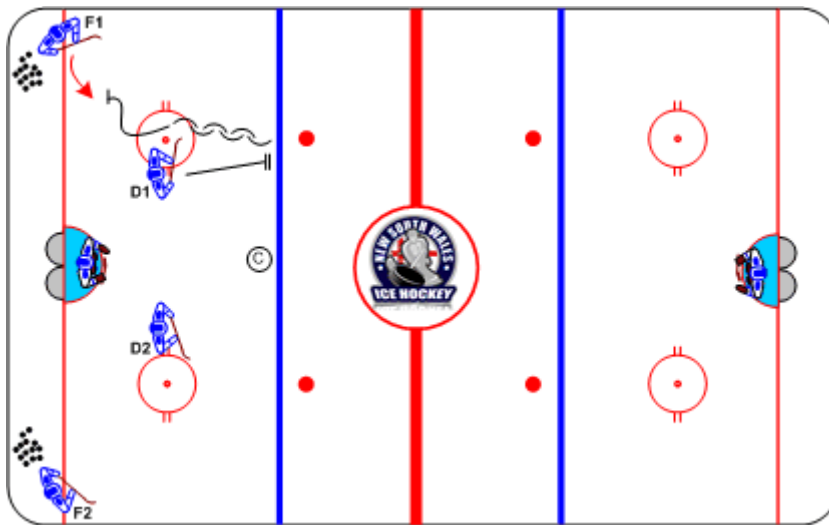




1-on-1 Low Drill

Duration: 7 mins

- D1 to top of circle, stops, skates backwards to slot
- D1 pivots for 1-on-1 vs F1 in corner
- Players alternate offense and defense roles



Coaching Tips

- Pressure, contain D1 decisions
- Lateral movement

Execution Tips

- F1 begins as D1 pivots and skates towards centre
- Alternate sides