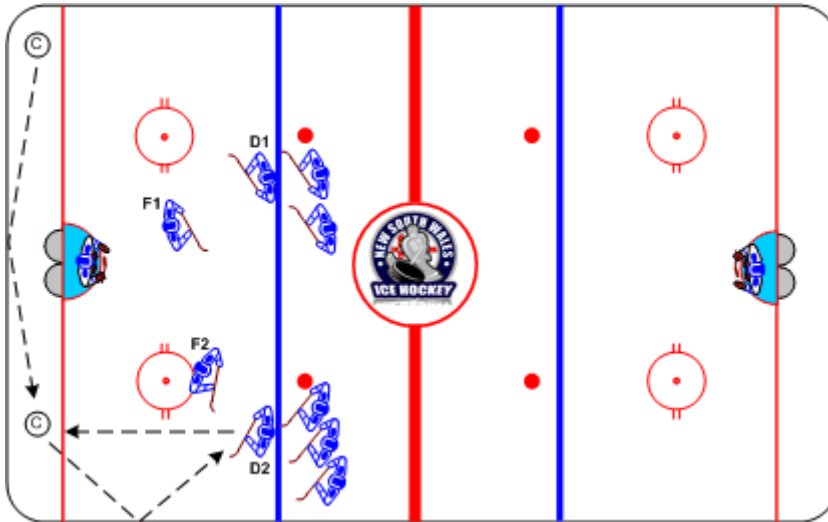




Active Point Coverage, 2-on-2

Duration: 7 mins

- © touch passes laterally to Defense at point
- **F1** and **F2** maintain positions in point/slot zones, rotating if puck changes sides



Coaching Tips

- Active sticks - skates up ice
- Quick rotations

Execution Tips

- © whistles in next group after 30 seconds
- Pause during lateral passing to allow correct positioning