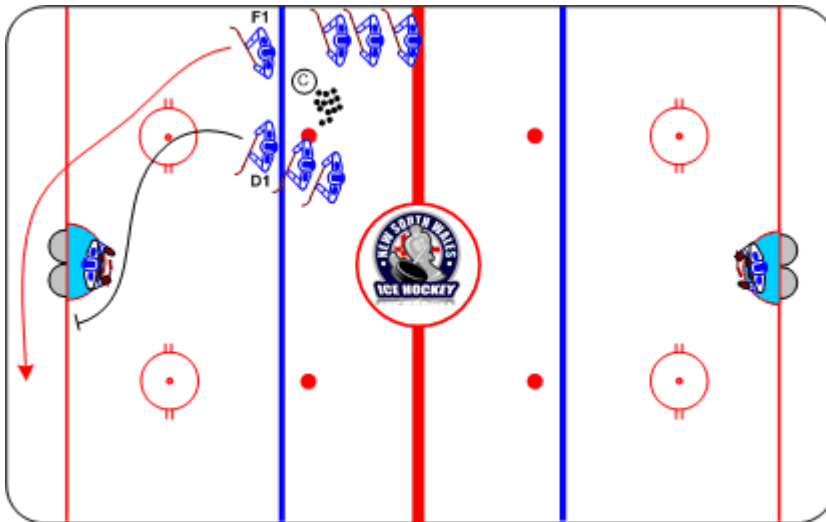




## Behind the Net 1-on-1

Duration: 7 mins

- F1 carries the puck behind net
- D1 angles and rides out check
- If D2 gains possession, must carry puck behind net to blue line for F1 to assume defensive role



### Coaching Tips

- Angling
- Riding check
- Recovery to defensive side

### Execution Tips

- © controls length of repetitions