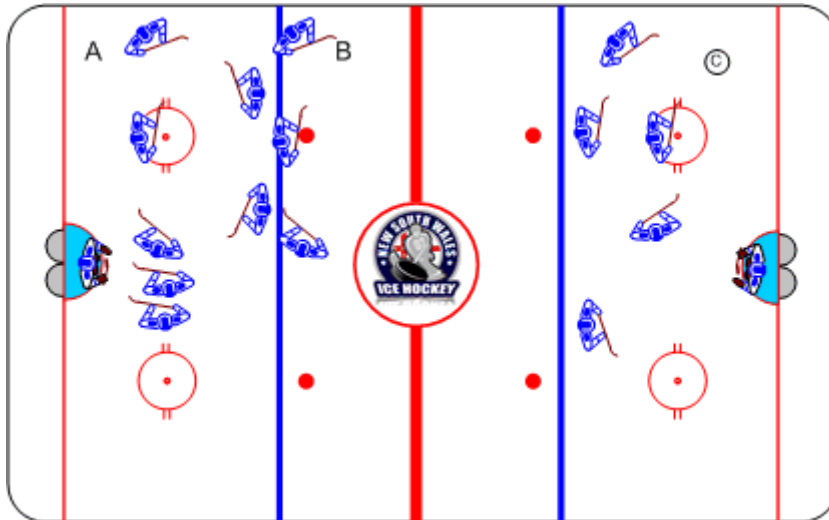




Face-Offs

Duration: 15 mins

- Walk-Through, 5-on-5: Offensive zone, defensive zone, neutral zone, face-off alignments
- Scrimmage: Best of 7, team wins when puck is controlled



Coaching Tips

- Centres must check alignment before putting stick down

Execution Tips

- Change sides half-way
- © to answer "what if?" questions later as follow-up