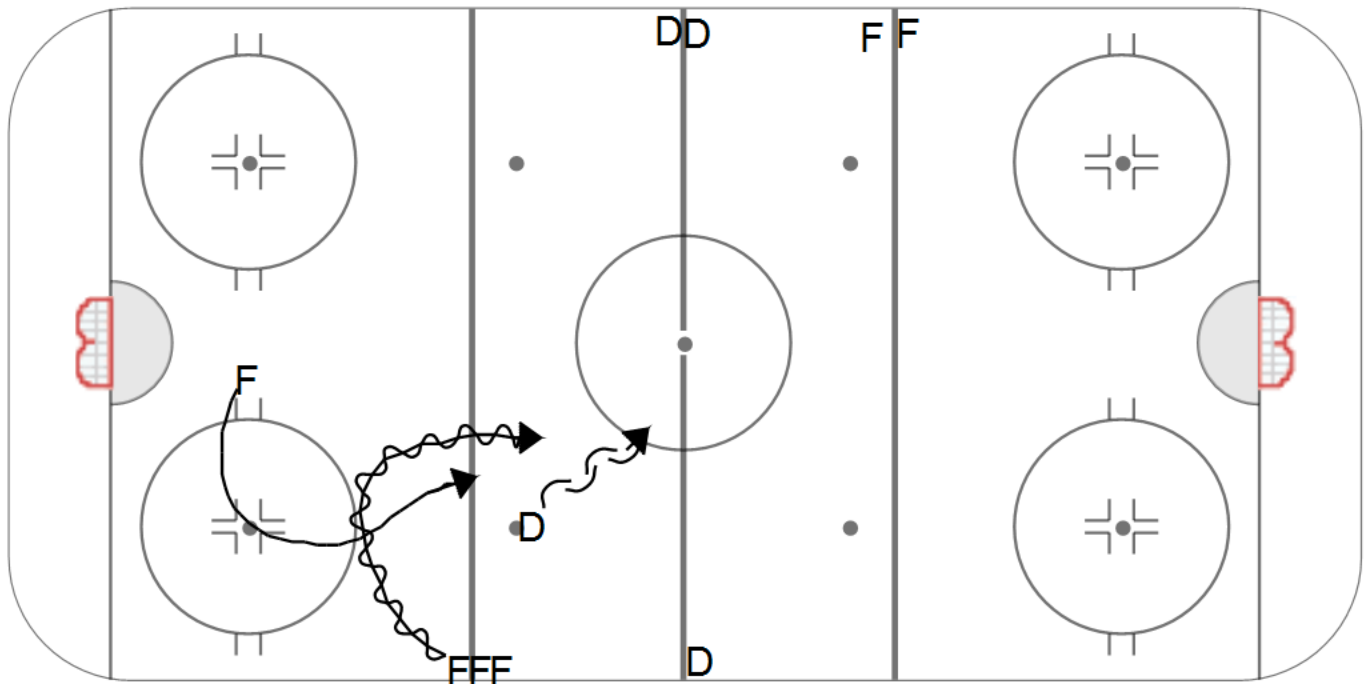


Category #1 : Category #2 : Title : Shark Track

Content elements :

Components:



Key points :

Description

Drill starts out with Spotted player at hash marks and D at that face off dot, Whistle blows activates the line forward with puck to start 1v1 can go straight down wall in middle, where ever that player wants to go. Spotted forward tracks or backchecks puck carrier, communicates with the D. finishes in the zone. Whistle blows and the Attacking forward starts the track-backcheck, another whistle starts forward and D on 1v1. this drill is up and down the rink.

Could expand to 2v1 start to finish 2v2 at other zone.