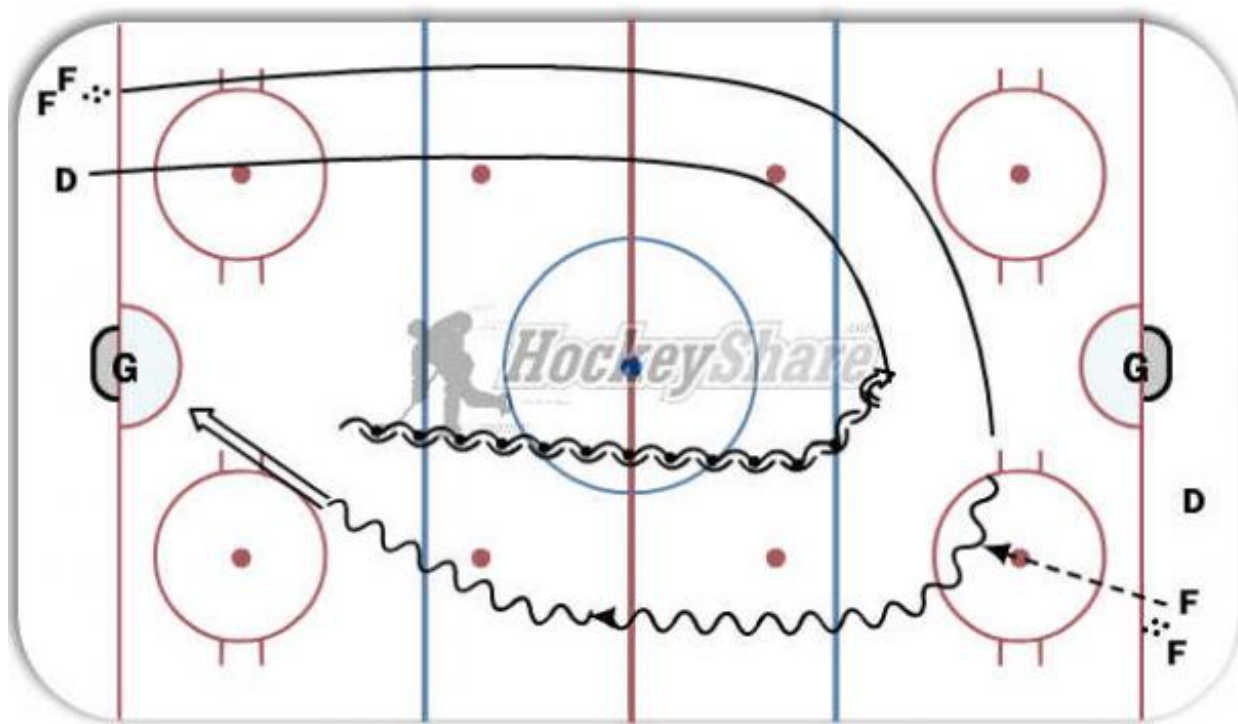


Bruins Odd man rush Drill



Description

This is a multipurpose drill. Starts with F and D leave at the same time curl into the zone and F gets pass from other corner. D mirrors the play of F. They continue 1v1. Opposite end will start once shot attempt has been made.

Notes: This drill advances to 2v1, 3v2. You can add a BC from the opposite corner of the F.

Tags: Skating, Passing, Gap control, Using the ice