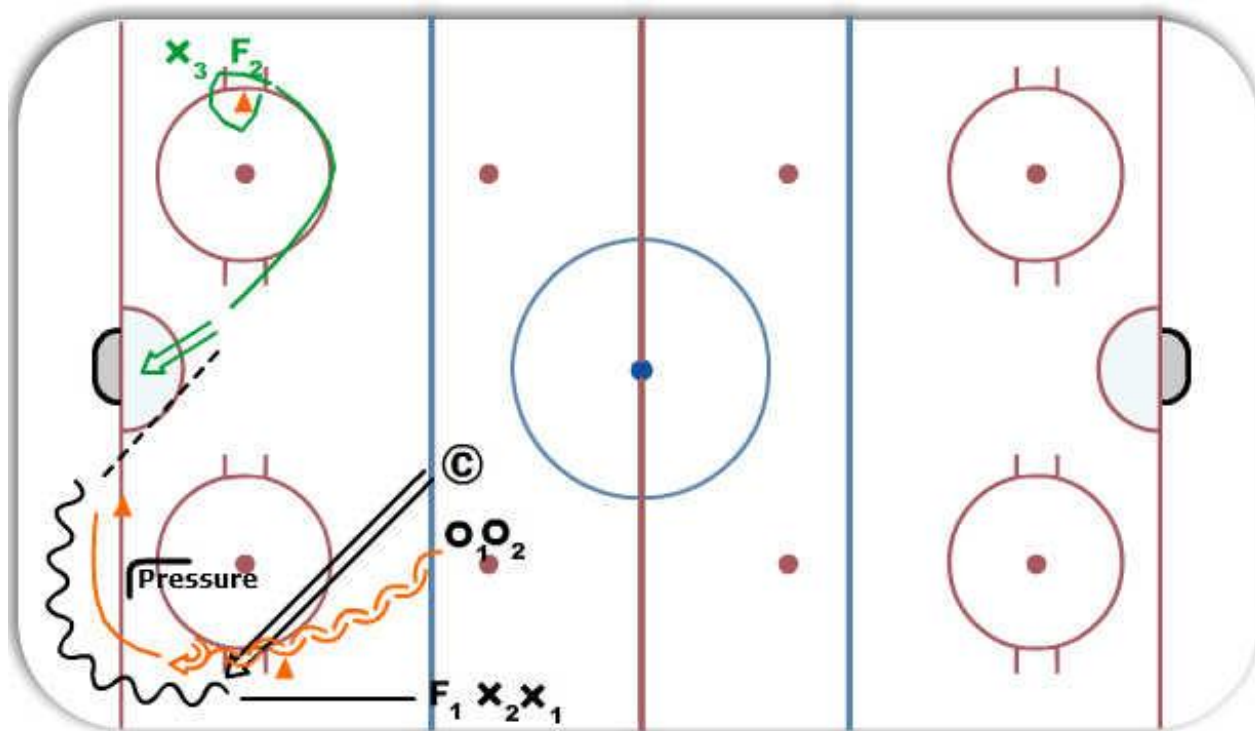
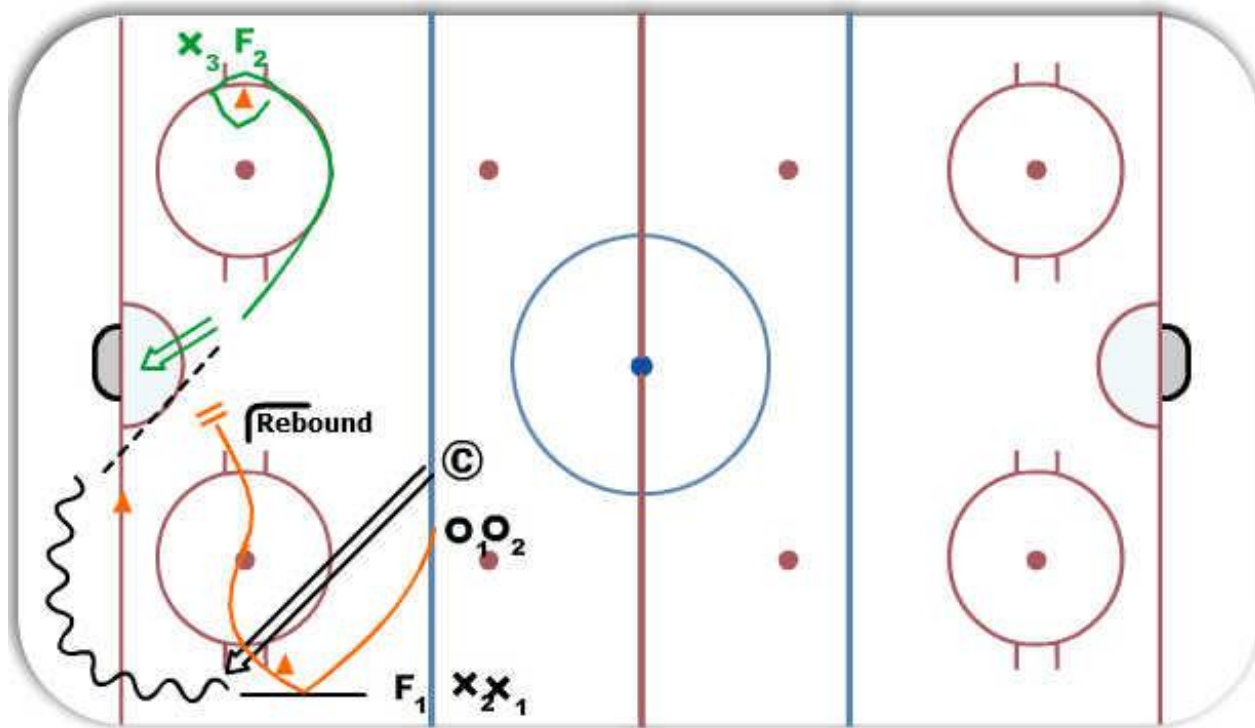


1 v 0 1v 1 Feed the slot



Description

Coach chips puck to boards F1 skates to puck following along wall with head up looking for F2 in front of the net. O1 skates to cone emulating option for passing heading to net for rebound
 F1 passes to F2 for shot. F2 needs to move to create proper angle

Progression:

Coach chips puck to boards F1 skates to puck following along wall with head up looking for F2 in front of the net. O1 skates backward trying to match speed with F1; O1 pivots and hashes to pressure F1 making pass in front of the net
 F1 passes to F2 for shot. F2 needs to move to create proper angle and create lane O1 is trying to take away

Tags: Head UP, Puck Movement, Movement without Puck