Title: Slovak 1v0 Middle Content elements: Components:

Description

Start on opposite sides.

1 gets, gives, gets a pass from next player in line.

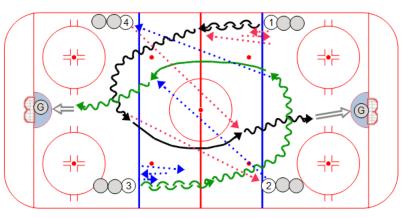
1 Skates w / puck inside BL and then makes stretch pass to 2

1 skates hard through the middle lane and gets a pass from 4 and goes in for a shot.

3 is doing the same drill at the same time.

2 & 4 start next rotation.

You can put a player in the net front position to work on screens and rebounds. This will force the goalie to make good plays with his save control. Shooter becomes new net front player.



Key Points :		