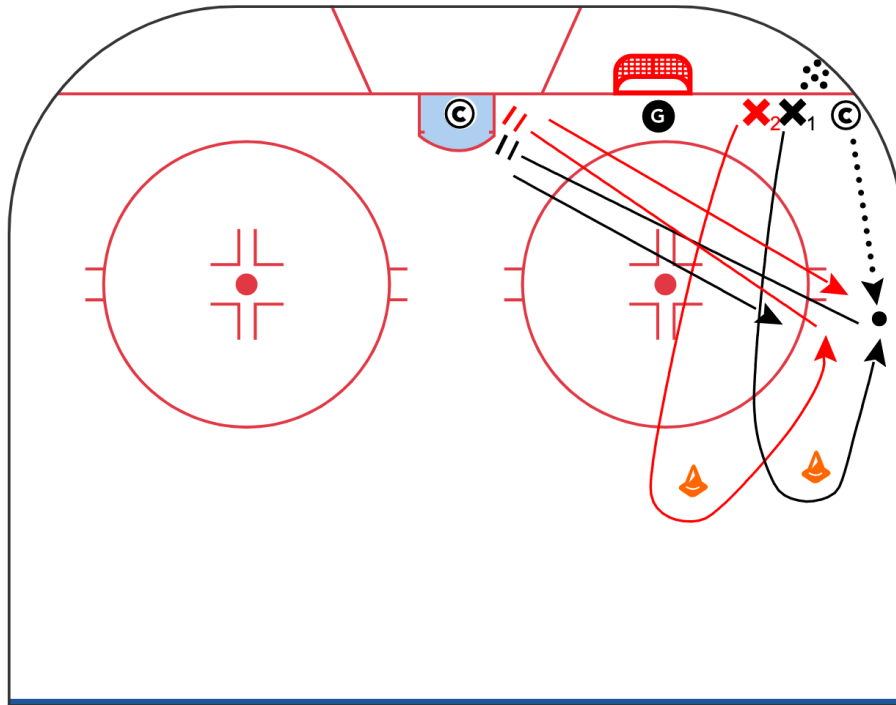


1 vs 1 Loose Puck Race



Description

- Players start race in corner, with coach spotting puck on boards
- X 1 takes inside pylon and X 2 takes the outside, battle for a shot on goal
- After shot or whistle, players race to crease, stop, and then sprint back to half wall for a second spotted puck
- Battle 1v1 for a second shot on net

Key Points

- X 2 doesn't let X 1 cut to the middle of the ice on first retrieval
- Shoulder checks and deceptive moves on second retrieval