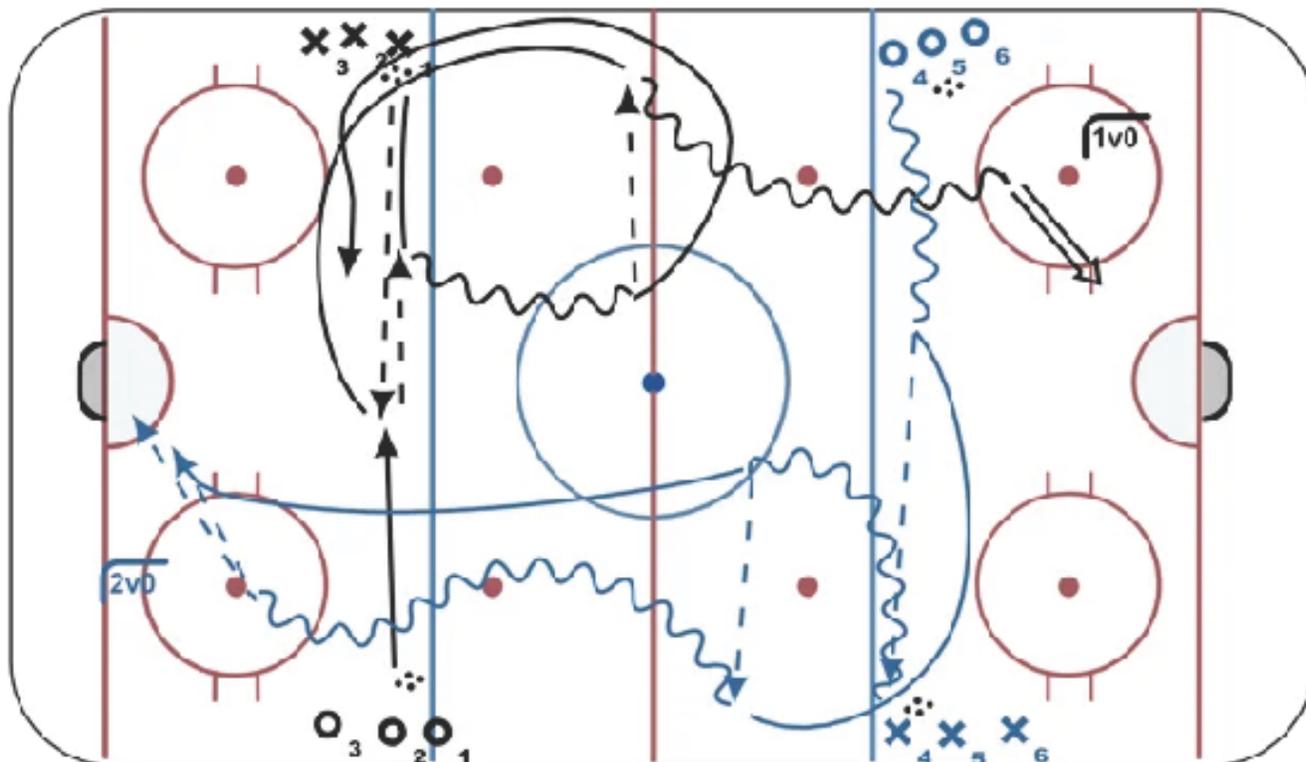


Bulldog 1v0/2v0 drive drive



Description

O1 starts without a puck

X1 passes to O1 who passes back and goes under x1 leaving their line

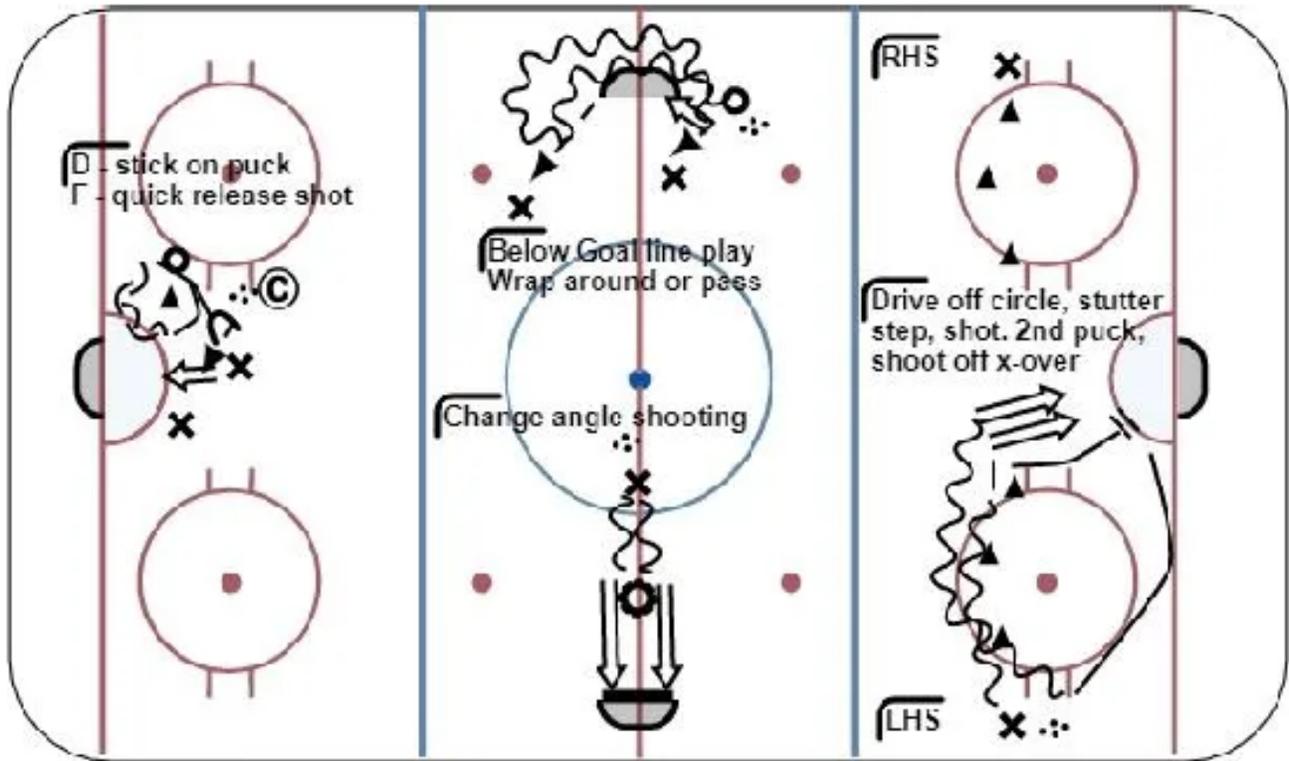
x1 turns up ice with the puck and passes to o1 along the wall (lateral pass) - O1 goes in for shot

X1 then crosses over hard to the wall and comes back towards line to start the drill on the other side

Continuous - both sides at same time

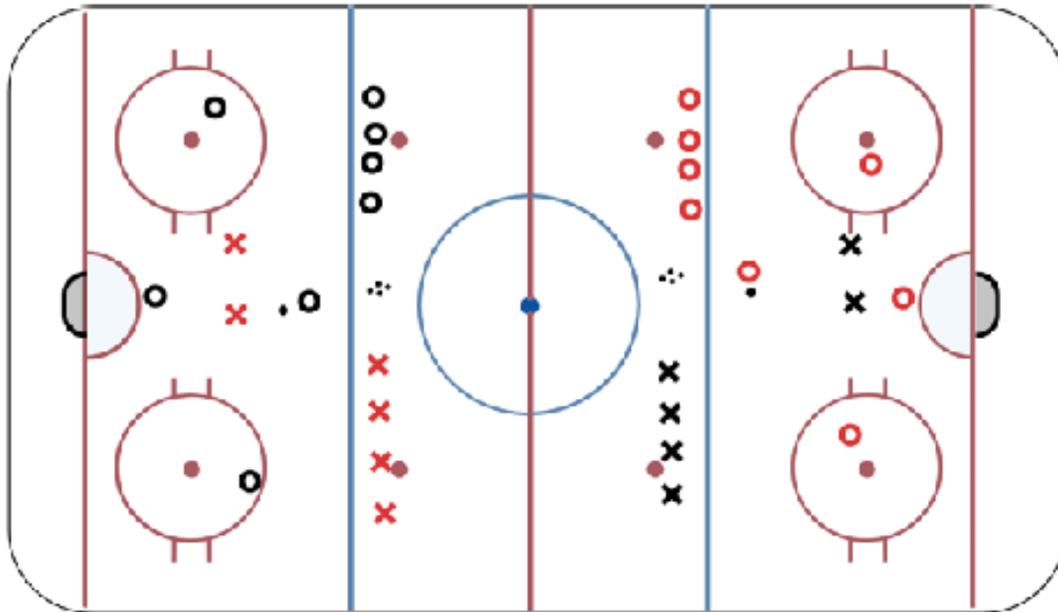
Progression: x1 becomes middle drive

Skills 2



Description

Lake Louise 4v2 x 2



Description

4vs2 at both ends. Point is awarded for team on offense for each goal. Point is awarded for team on defense every time they skate puck out of zone with full control.

Tags: Attack downhill, Net front presence