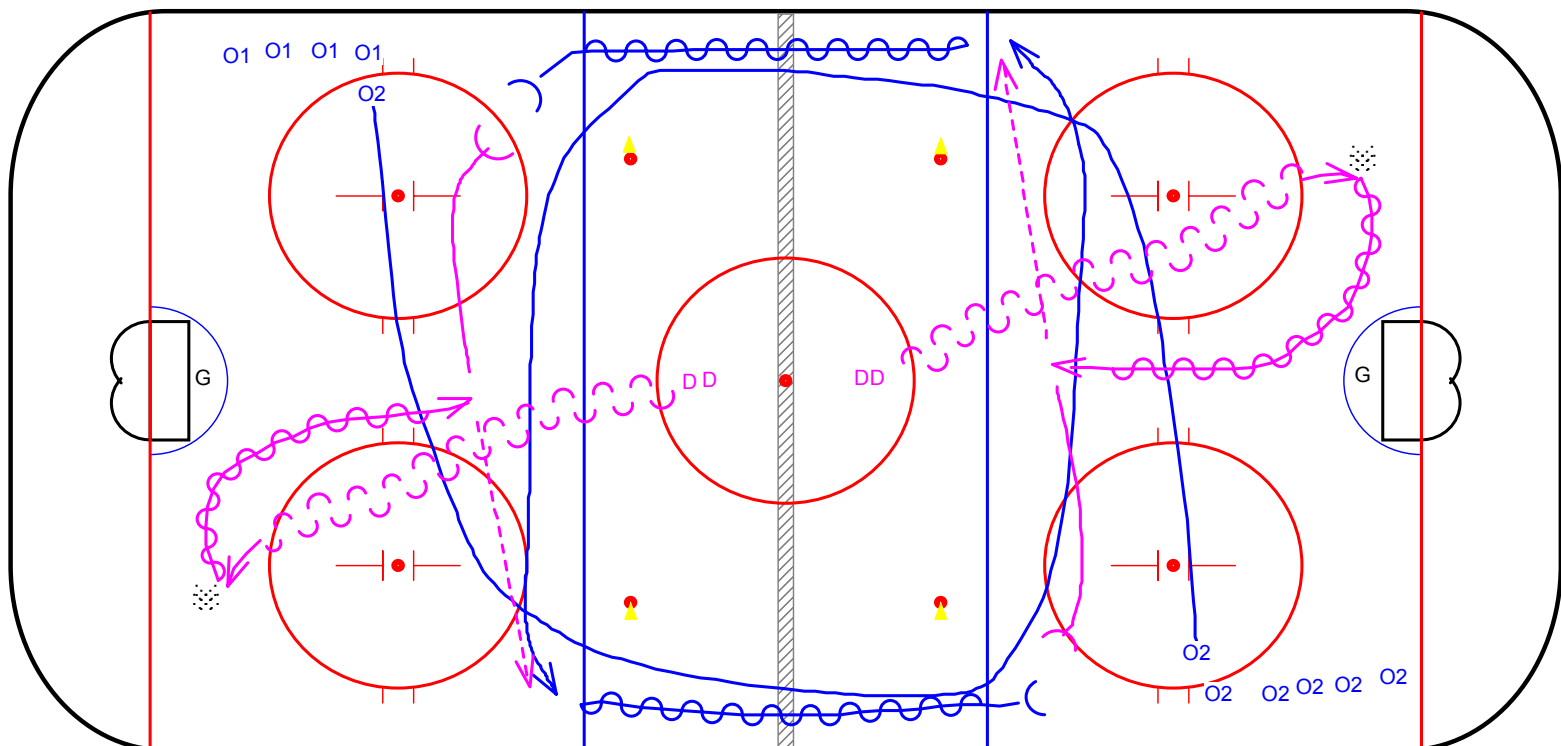


1on1 off of Transition



- on whistle D back skates to pucks spotted at bottom of circle, retrieves puck, steps up into middle and lateral outlet to forward who has skated from opposite end, around square into lateral support position, facing the puck.
- after outlet pass is made, D must immediately find forward coming from opposite side and play 1 on 1 to a whistle.

TEACHING POINTS

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- D establishing angles & gaps in one on ones off of transition
- D footwork and outlet passing
- D playing man first, puck second
- forward lateral support and opening up to the puck
- forward one on one creativity