WALL PLAY PROGRESSION PART 1/PART 2



PART 2

2nd option, player delays, pass to shooter

PART 1

PART 1 - X1 from each line leave on the whistle, skates around centre circle towards boards

- X shoulder

checks before entering the zone, receives rimmed puck from coach

- X pulls puck off wall and drives net for shot

PART 2 - X1/X2 from each line leave on whistle, X1 skates around centre circle towards boards

- X2 skates

around centre circle, slows a little and supports X1 entering the zone

- X1 pulls puck off wall and passes to

X2 above the circle for shot on net, X1 drives net for rebound

2nd Option - X1 pulls puck off wall drives

towards net and delays, finding and passing to X2 who is between top of circle and face off dot

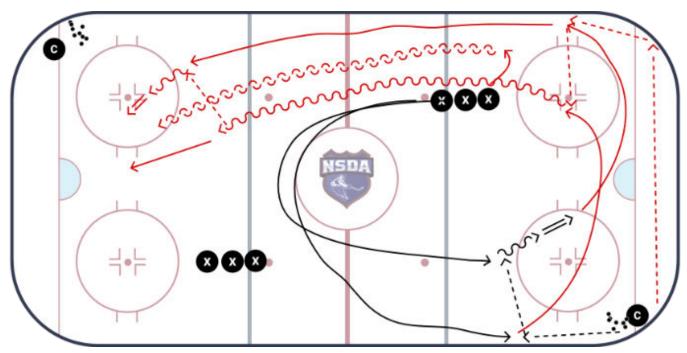
- X2 drives

net for shot, X1 drives net for rebound

WALL PLAY PROGRESSION PART 3



Time: Station:



- X1/X2 from both lines leave on whistle
- X1 skates around centre circle towards boards, pre-scans ice before entering zone and receiving a rimmed puck from coach
- X2 skates around centre circle, slows and supports X1 as high support, shooting option
- X1 pulls puck off boards with stick and makes a pass to X2 for shot on net, both players drive net for rebound Part 2

X2 skates to far boards and picks up D-zone rim from coach to break puck out of zone

X1 stays low in zone and supports X2 on boards as an outlet X3 leaves

when coach rims puck, gaps up and takes X1/X2 down the ice for a 2v1