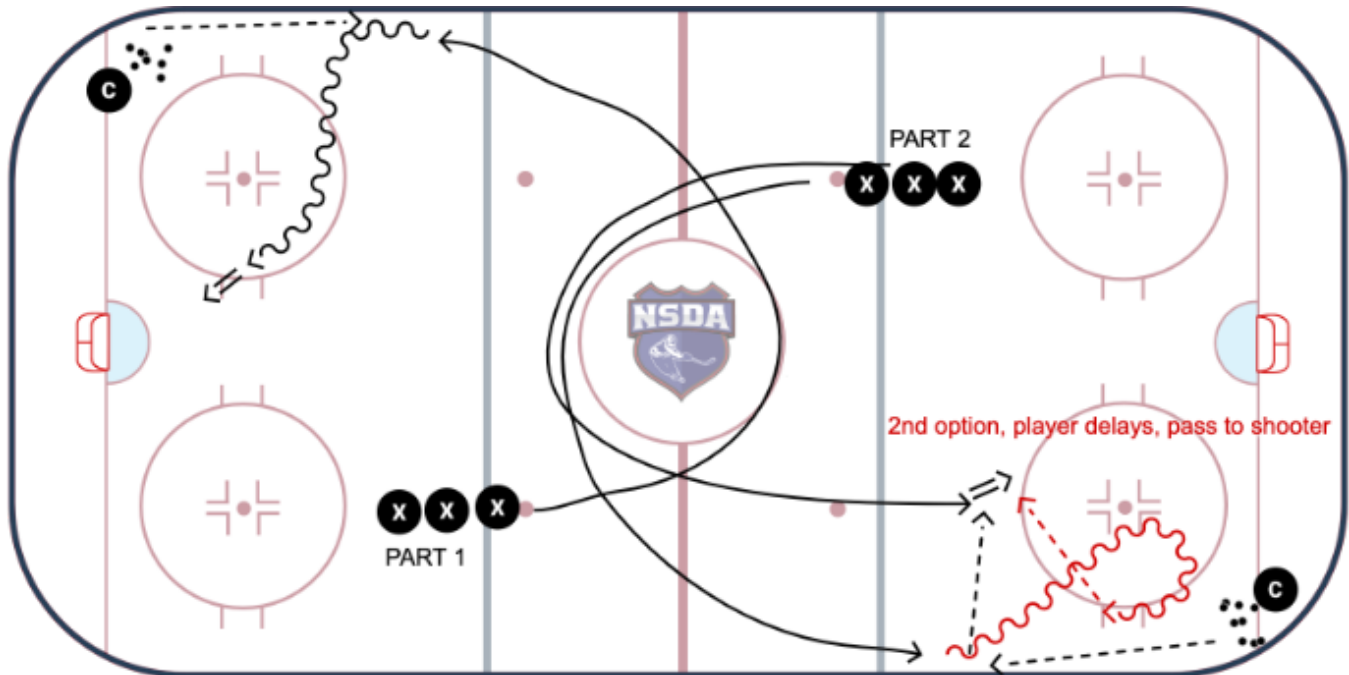


WALL PLAY PROGRESSION PART 1/PART 2



Time:

Station:



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

