



• SAG → Rhino

- 2v2 in the middle with a high and low outlet.

- The 2 outlet players can pass or shoot.

- the drill works on a number of things.

- offensively:

- low to high with shot through traffic

- Bad angle shots or centering the puck from above the goal line.

Defense:

- Net front coverage
- quick transition
- heads up play with control in D-zone.

Goalies:

- Screen / tip shots
- bad angle shots
- 1-timers.

Adaptations

- Can be played with 1 net → pass to outlet on change of position.
- allow for the players to switch with the players in the box mid play.