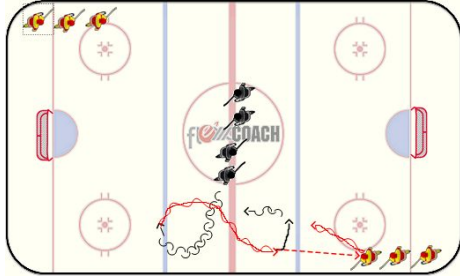


1) Neilson 1-on-1 #1

**DRILL OBJECTIVE:** Execution of Footwork, Body

**1 min.**



**KEY ELEMENTS:**

**ORGANIZATION:** D start in middle of ice with pucks. F start on hashmarks in diagonal corners. Both sides go at same time. D backwards skates out of center ice with puck, transitions forward up ice and when he gets to near blue line passes to F at hashmarks. D then executes fwd-bwd transition around other faceoff dot and plays the 1-on-1 vs the F who he passed to.

**VARIATION:**  
**GOALIE:**

**Post-Practice Comments:**

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