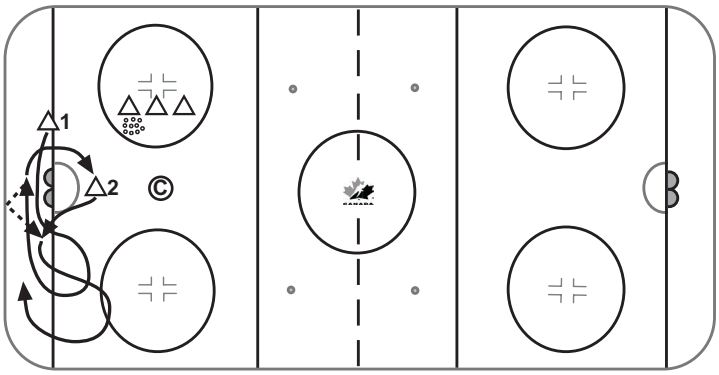
Defence - Breakout Reverse Skills

- Two defensemen will perform basics of reverse
- Defenseman with puck will skate up wall, turn back and reverse the puck off wall. He will then continue to net front and await the reverse
- Net front D will pick it up and repeat the process
- Do drill from both sides



Key teaching points

- Defenseman with the puck needs to bank the puck in a position where partner can skate into it
- Defenseman with the puck tries to deceive F1 that he is wheeling the puck
- Defenseman without puck needs to hold net front and call reverse
- On pass, net front D will skate on puck with speed, get toes up ice and skate

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