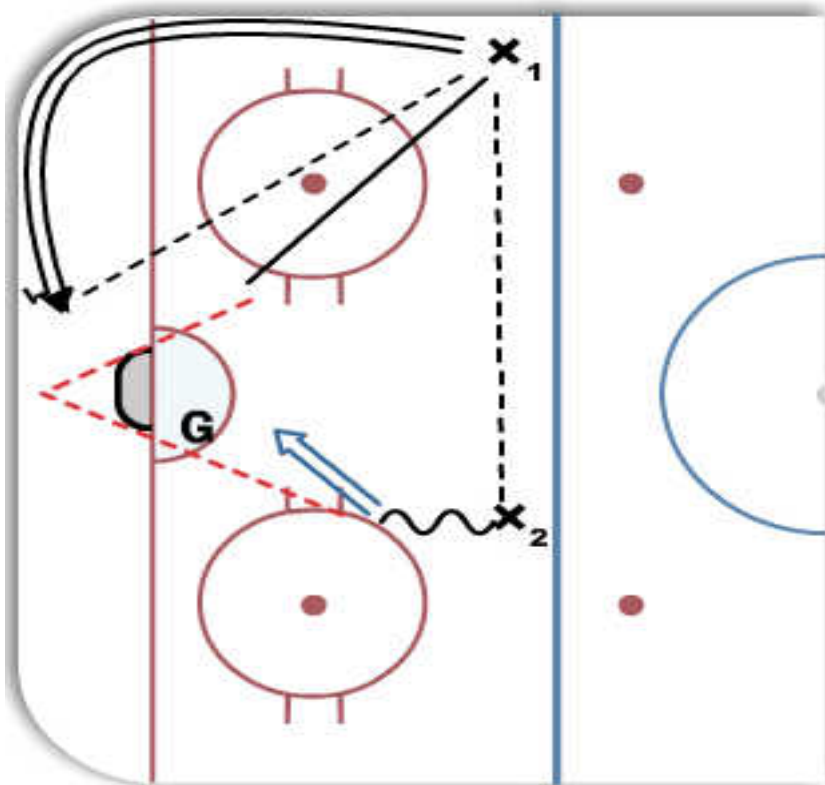


## DUMP AND WIDE

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### Drill Description:

(1 shot) The drill is primary focus is to work on the unpredictability of wide shots. X1 starts with a dump in. G stops puck and plays it back up to X1. X1 sends puck to X2 and X1 **drives the net**. X2 steps and has 3 options: **miss wide to create a bounce of boards to X1's stick**, **POP play**, or pass back to X1.

### Key Points:

- Hustle back to net after pass
- Beat the pass and use motion
- On wide shot track puck and rotate and strong push immediately back to post
- Turning the head will unwind the body and enable a more economical push back to the post