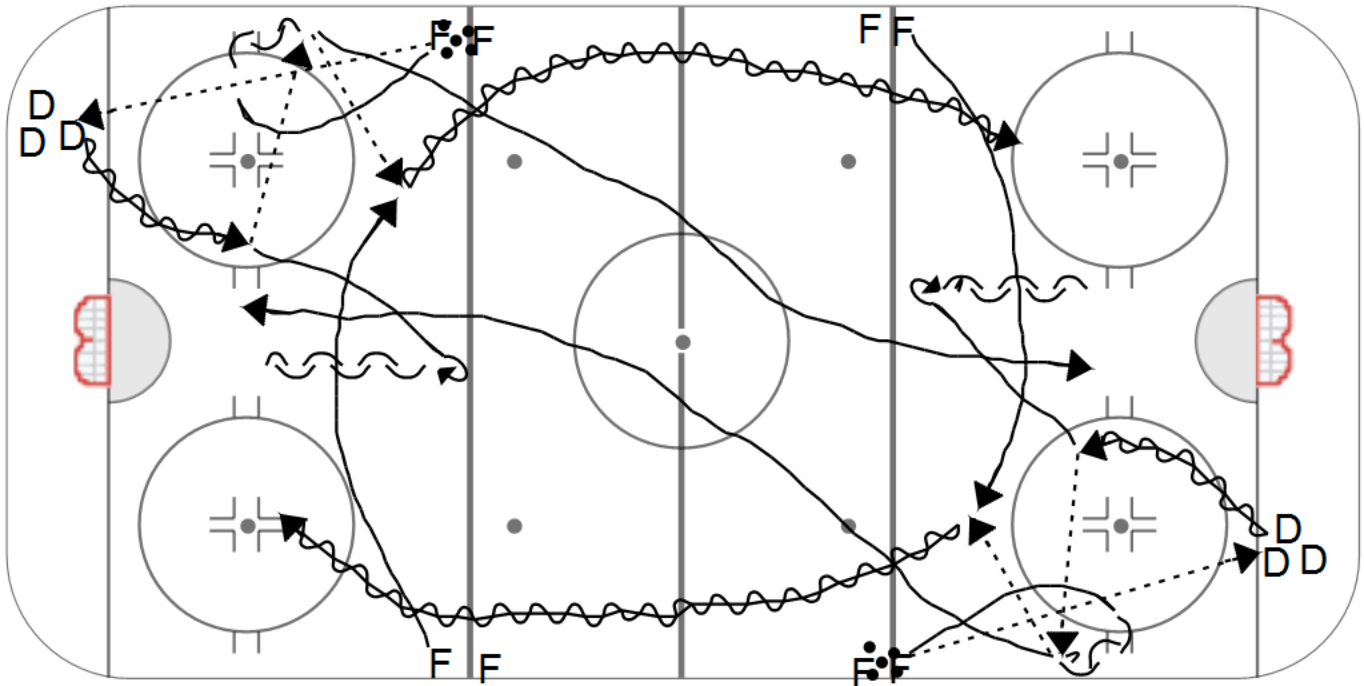


Category #1 : Category #2 : Title :

Content elements :

Components:



Key points :

Description

Forward on all Blue, Defense at red line bottom of circle.

Forward start with puck, whistle blows passes to Defense, Forward follows pass and times him/herself to the Defensemen who wait to receive to puck then moves up ice with puck. Defense will return puck to starting forward, can move to middle help later in drill. Forward from weakside of the ice comes across the zone low to time to the Forward/Forward pass after pass take lane and attacks the Defense of opposite side, because opposite side is doing same, drill ends with staight line fast Attack 1v1 or 2v1 depending on speed. Make sure play always ends at the net 2v1. Whistle controls drill, make sure do other direction by sliding pucks down the wall and moving Defense over to other side of net.