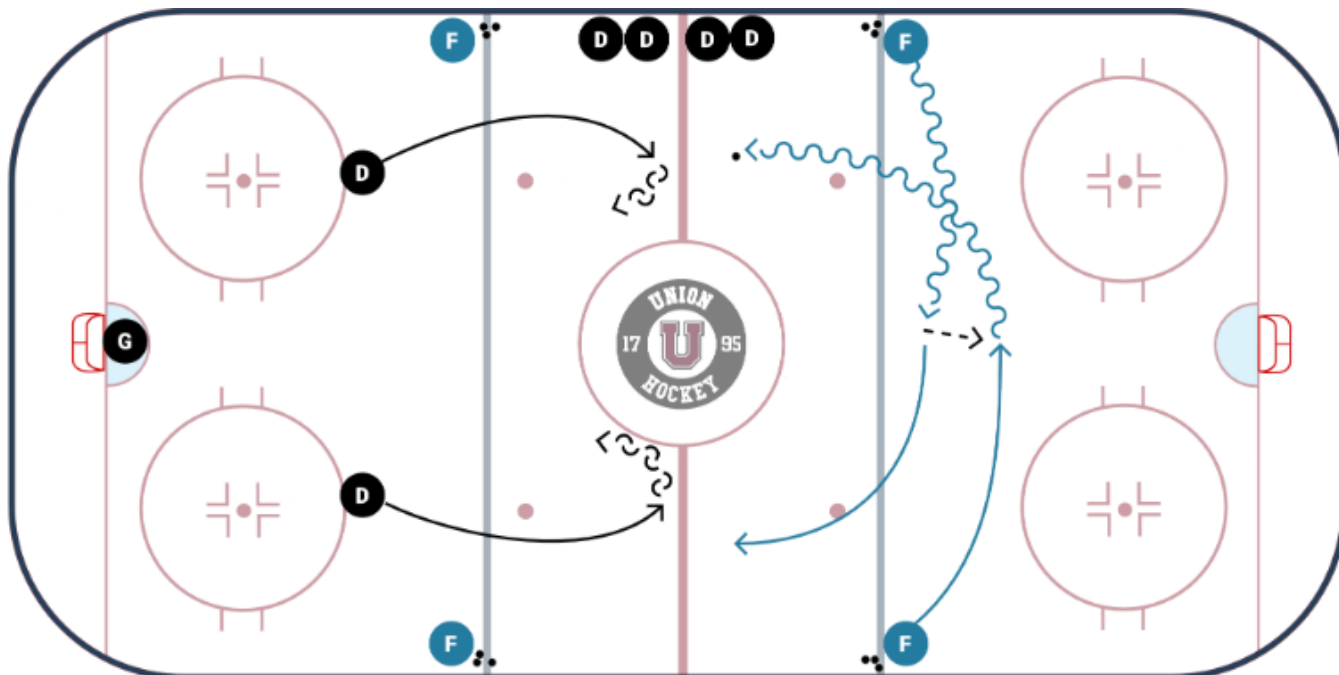


JETS 2 V 2 DRILL



Time:

Station:



The Jets 2 V 2 Drill from Coach [TJ Manastersky](#) of [Union College](#) is a rush drill that puts a lot of pressure on the defenseman because they will be trying to gap up properly as they try to handle a lot of speed from the forwards.

Setup

Start with 2 defenseman at the top of the circles. The rest of the defenseman are along the boards at center

- ice.

- Forwards are on all 4 blue lines with pucks.

On the first whistle, the far forwards exchange lanes (and can exchange a puck) before they attack. They

- must attack from outside of the neutral zone face off dots.
- The defenders jump up the to neutral zone and attempt to gap up properly and handle the excess speed.
- The 2 v 2 plays out until the coach blows a second whistle.

On the second whistle, the first set of forwards is done, the second set of forwards on the near blue line start

- and race around the far face-off dots before they begin their attack on the defenders.
- The defenders that just finished the original 2 v 2 race to gap up against the second set of forwards.

Coaching Points

Defenders need to be aware of the speed from the forwards and need to work to create a proper gap while

- matching their speed.
- Coaches can have defenders work on their angling skills on the second 2 v 2 rep.

Forwards should practice fundamentals that they would use on a 2 on 2 rush. They might consider driving the

- net, utilizing cut backs or change of speed to create additional space on the rush.