

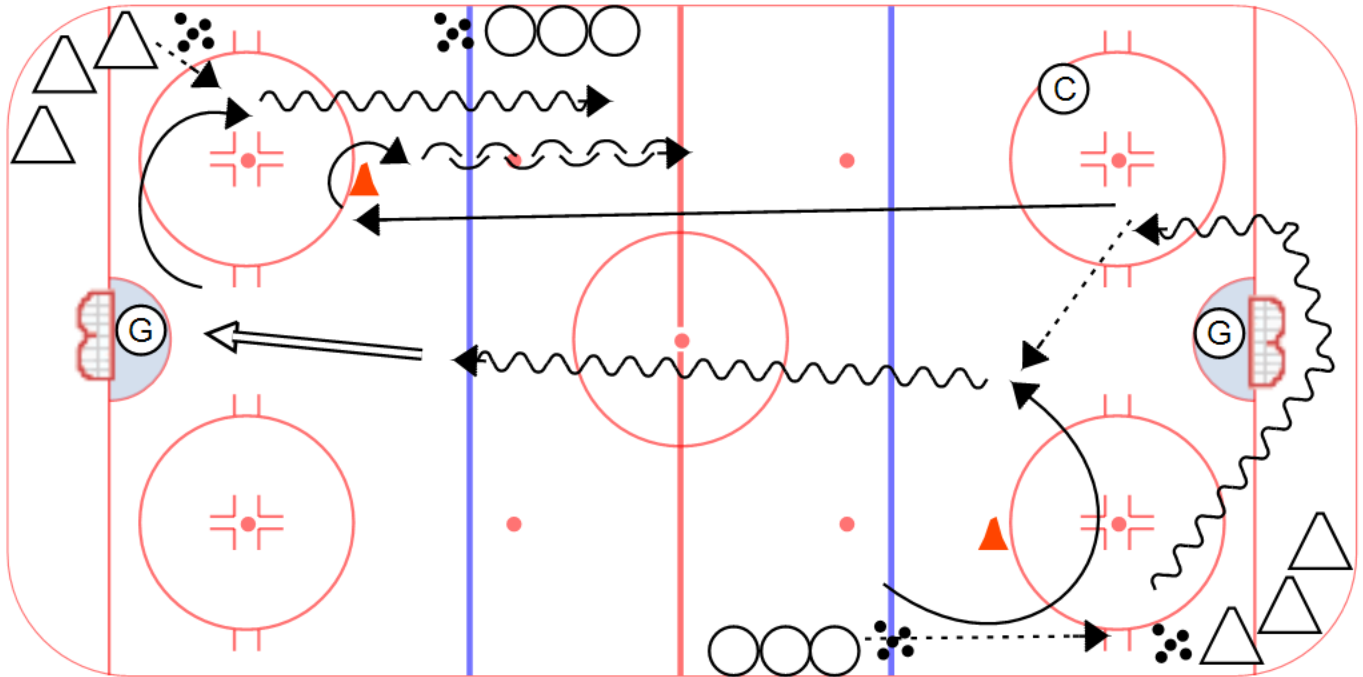
Category #1 : COACHES MANUAL

Title : 2 ON 0; 1 ON 1

Category #2 : SKILL DRILL

Content elements :

Components:



Key points :

GAP CONTROL

FORCE FORWARD WIDE

AWARENESS OF
TRANSITION

SCORE GOALS

Description

- Forward passes to the defenseman who carries the puck behind the net and makes a breakout pass to the swinging forward.
- Two players pressure goaltender on a 2 on 0.
- Defenseman breaks off and begins backpedalling for a 1 on 1.
- After the shot the forward receives a pass from the coach in the corner and turns up ice and plays the defenseman 1 on 1.