

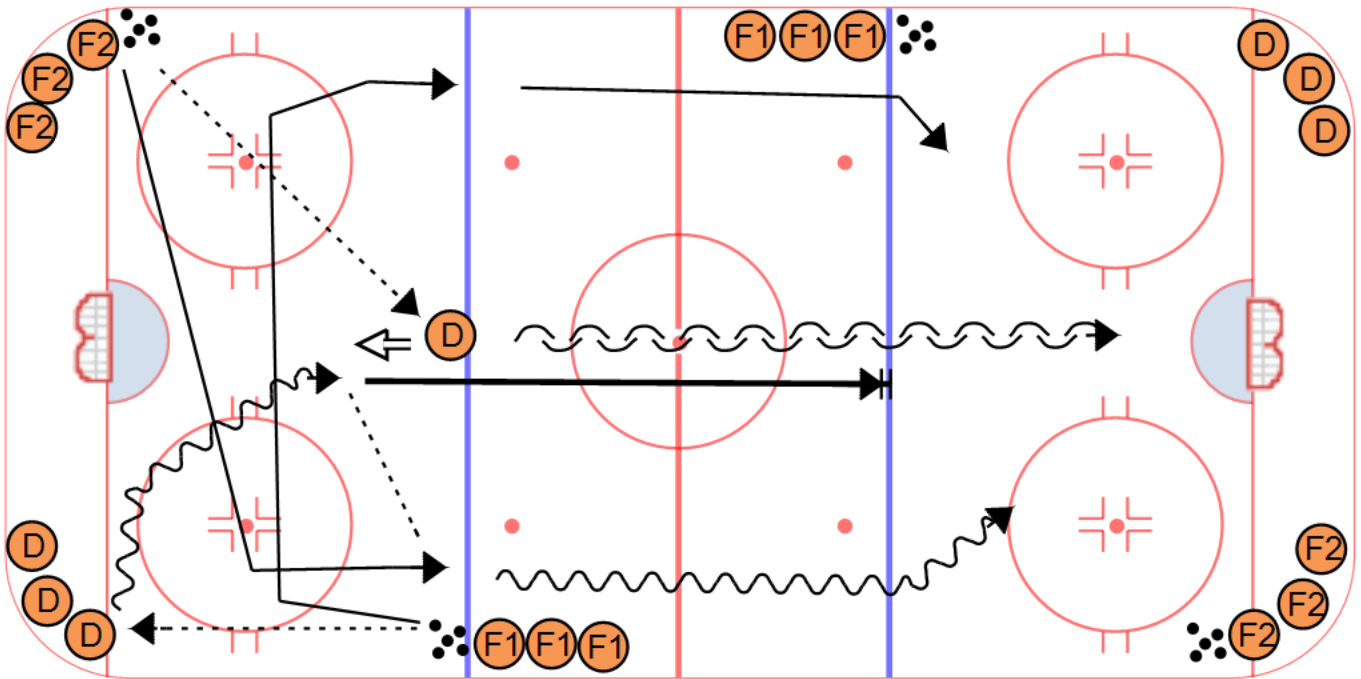
Category #1 : HOCKEY DRILLS

Title : SHERBS 2 VS 1

Category #2 : 2 vs 1

Content elements :

Components:



Key points :

FORWARDS STAY WIDE

SPEED THRU THE
NEUTRAL ZONE

CREATIVITY AND
READ /REACT

COMMUNICATION

Description

DRILL STARTS WITH A PASS FROM THE CORNER AND POINT SHOT

F1 PASSES TO D IN THE CORNER AND F2 AND F1 SWING WHILE POINT D BACKS OFF

D MAKES PASS TO Fs WHO THEN ATTACK 2 VS 1

D MAN FOLLOWS UP TO BLUELINE

FORWARDS BATTLE IN FRONT WHILE POINT SHOT HAPPENS ON THE OTHER SIDE

DRILL REPEATS ON THE OTHER SIDE