

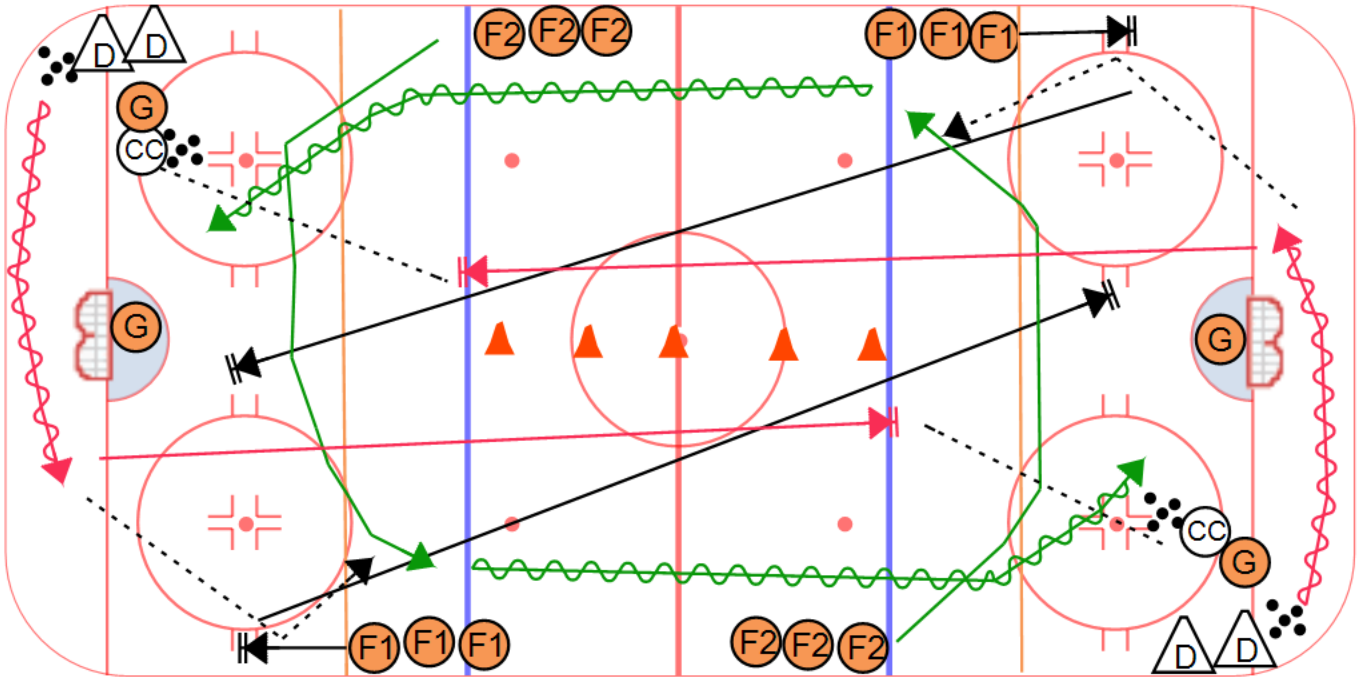
Category #1 : breakout drill

Title : 2 vs 0 with point shot

Category #2 : 2 player w defense

Content elements :

Components:



Key points :

passing and receiving

communication

good support

scoring

Description

Coach Whistles to start the drill

Defense goes behind the net with the puck while F1 and F2 move to support.

Defense passes to F1 who moves the puck to F2.

F1 and F2 attack far end 2 vs 0 while the defenseman skates to far blueline stops.

Coach (or extra goalie) passes to the D for a point shot.

Forwards switch role (F1 to F2 line)