

Title : 2 vs 1

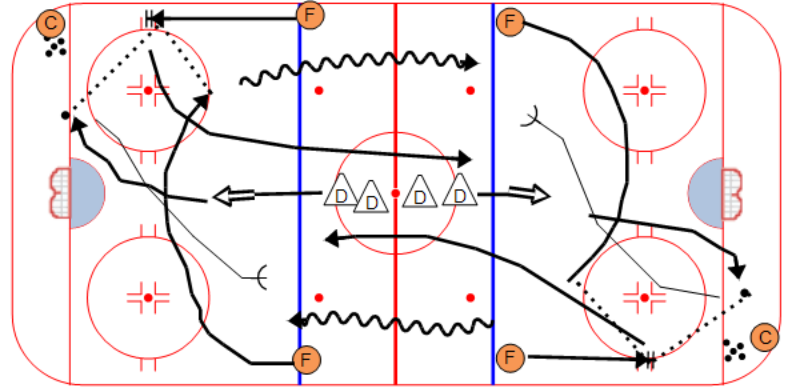
Content elements:

Components :

Description

Coach starts with whistle d skates in and gets pass shoots, retrieve puck and start B/O forwards must move to support. Then attack far end 2 vs 1. Forwards stay in front for tips and screens.

Hockey terminology: head on a swivel, gap up, protect inside, attack wide, support, deception with the puck, rebounds!



Key Points :

Timing

Awareness

2vs1 options

Speed