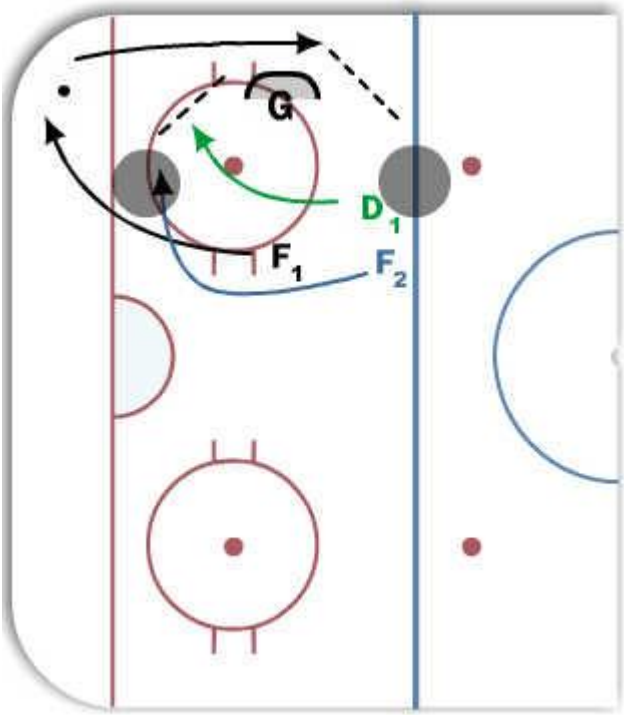
2 on 1 - quiet areas



Description

F1 and F2 start out by blue line in one line. D1 starts inside the forwards in separate line. Coach dumps puck into the corner. F1 retrieves it and heads back toward the net. F2 shadows F1 high. F2 reacts to what D1 does. If D1 chases F1 behind the net, F2 quickly breaks for the right side quiet area. If D1 crosses in front of the net to intercept F1, F2 drifts into the left hand side quiet area and looks for a backdoor pass from F1 as moves behind the net, he quickly drops the puck to F2. If D1 overplays F2, F1 walks out in front for a shot.

Key Points: