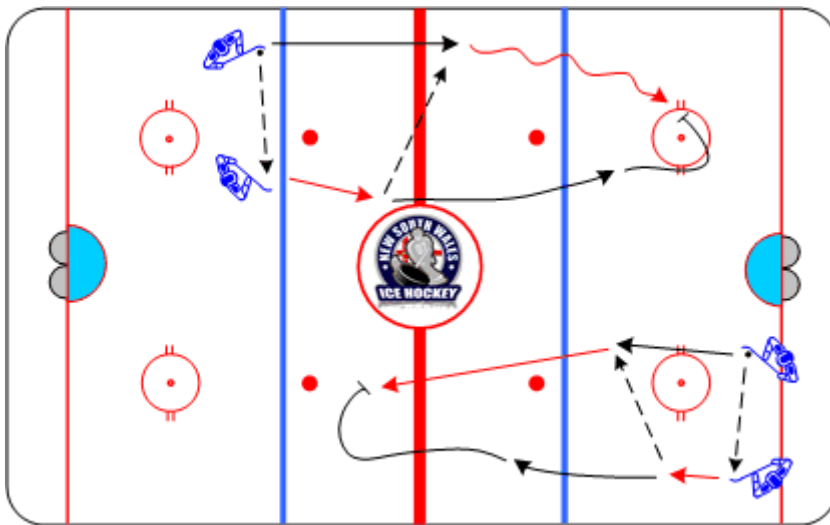




2-on-0 Whistle 1-on-1 Confined

Duration: 5 mins

- Partners pass 2-on-0, circling the ice
- On the whistle, players play 1-on-1 in small area
- On the next whistle, revert to 2-on-0 passing, skating around the ice in the opposition direction



Coaching Tips

- Consider puck protection vs. attacking triangle

Execution Tips

- Different puck protection techniques in different areas of the ice (boards, front of the net, corners)