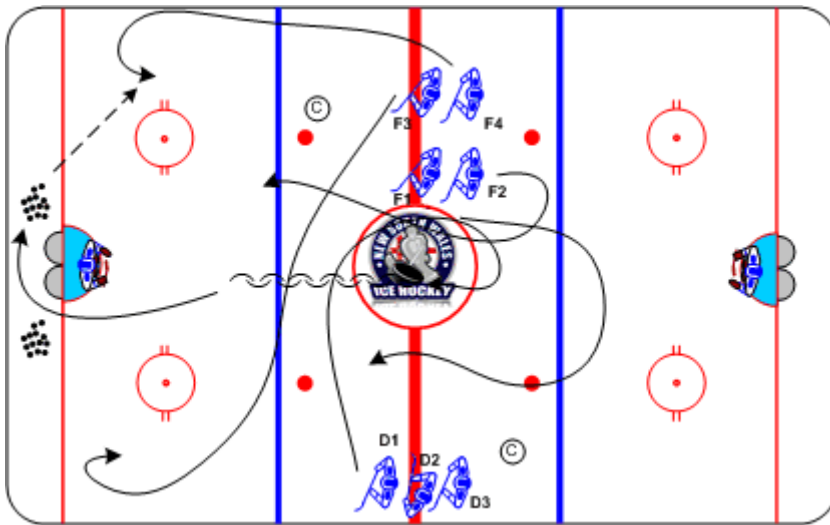




## Continuous 2-on-1

Duration: 8 mins

- **F1** and **F2** attack **D1**, 2-on-1
- **F3** and **F4** follow play
- After 2-on-1 attack, **F1** initiates breakout for **F3** and **F4**
- **D2** moves in to position to play **F3** and **F4**
- Two new Forwards and one new Defense keep the drill continuous



### Coaching Tips

- Drive/delay options
- Aggressive attack
- Read appropriate support off the puck

### Execution Tips

- Add backcheck after flow is established
- Backchecker will reinforce net drive as the primary attack option