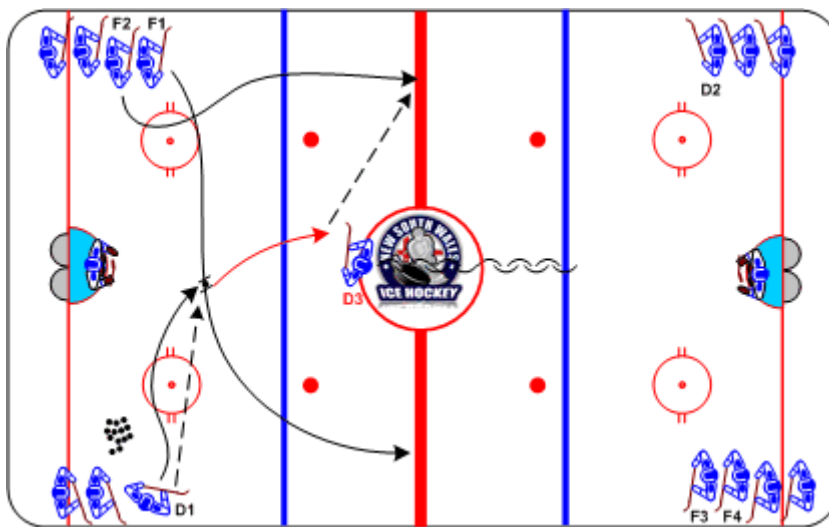




Speed 2-on-1

Duration: 8 mins

- F1 receives pass from D1
- F1 touches puck back to D1 and control skates wide
- D1 passes to F1 or F2 for 2-on-1 play
- F2 wide attack, drive delay
- F1 mid-lane drive support
- Attack Goalie



Coaching Tips

- Drive puck to the net until forced by defense
- Accelerate into offensive zone

Execution Tips

- Begin on the whistle
- Progression: add a regroup with D1 before the 2-on-1