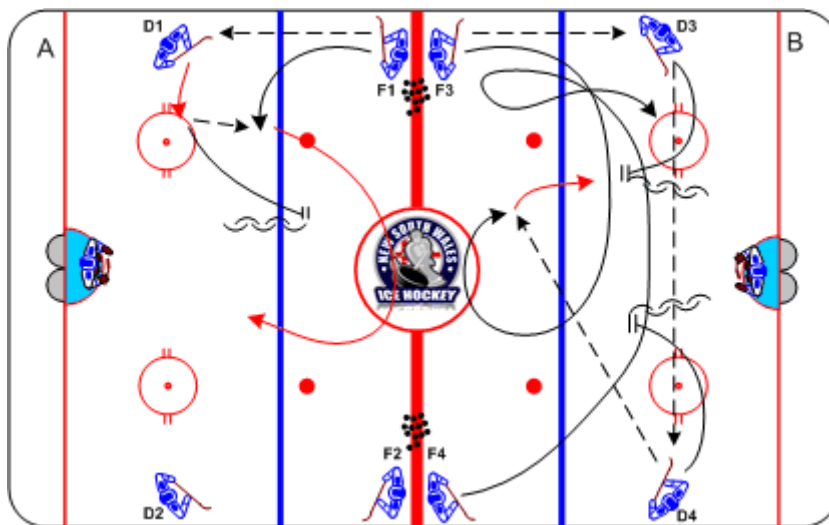




Turnbacks, 1-on-1 and 2-on-2

Duration: 8 mins

- Zone A: F1 passes to D1 who moves laterally to the middle of the ice before returning the pass to F1
- F1 skates to the centre line before attacking D1 1-on-1
- Zone B: F3 to D3 to D4 back to F3
- F3 and F4 turn back to the neutral zone before attacking D3 and D4 2-on-2



Coaching Tips

- Defense take back ice to close gap
- Forwards to read offensive gaps, cross or create 2-on-1 support (2-on-2)

Execution Tips

- Zone A: Half ice, controlled by whistle
- Zone B: 1 zone at a time, next group begins on the whistle when the previous group crosses offensive blue line