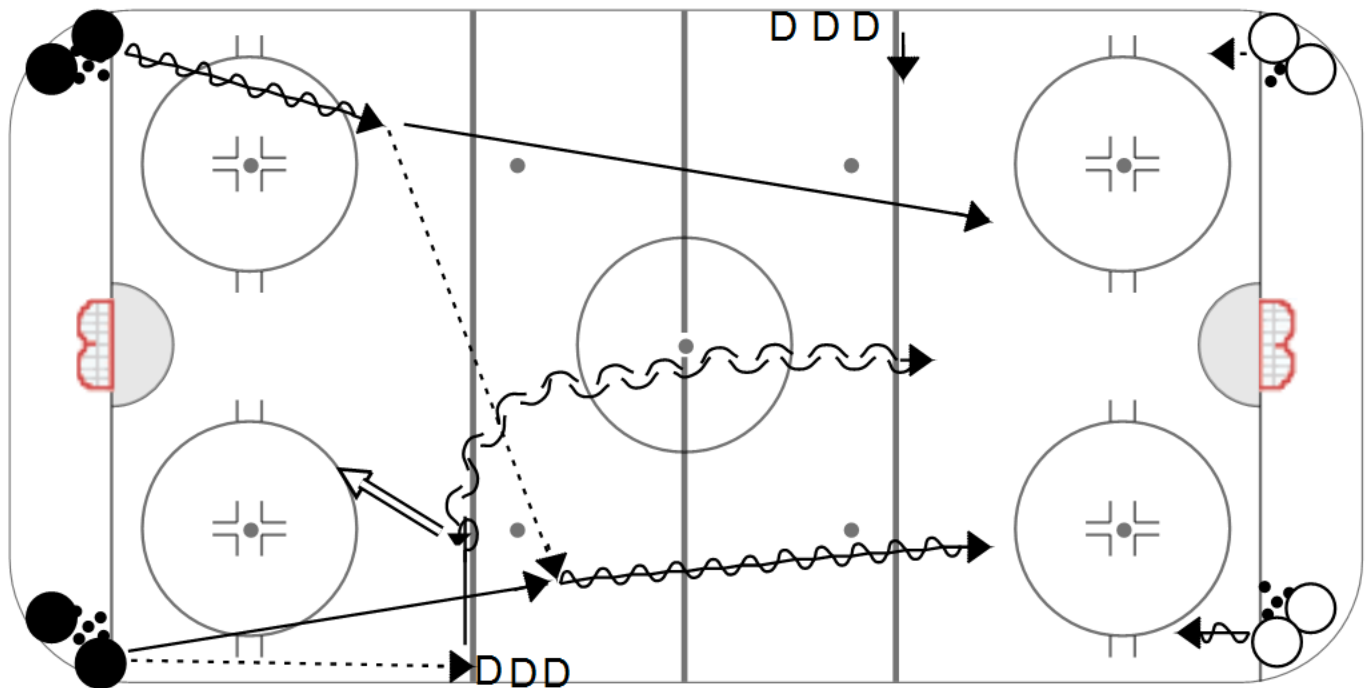


Category #1 : Category #2 : Title : 2v1 Full Ice Straight attack with point shot

Content elements : _____

Components: _____



Key points :

Description

Forwards will be lined up in corners, Defense at blue line next to wall, Whistle blows Forward passes a puck to the Defense, D walks a little or quick shot from point on net, once puck is release then that will active to other Forward to start the 2v1 down the ice. upon finishing the 2v1 at the net that group will stay in a play point shot for one scoring chance, whistle will start other Forward and Defense to start with point shot and attack from other end. Make sure after a while this direction you just slide to Defense down the wall to the other blue to work off other side.

Speed and attack the net hard. On bad goals goalies should skate down and back.

If you want to add D-D pass on line you can add... still keep it 2v1 or surprise with 2-2 some times.