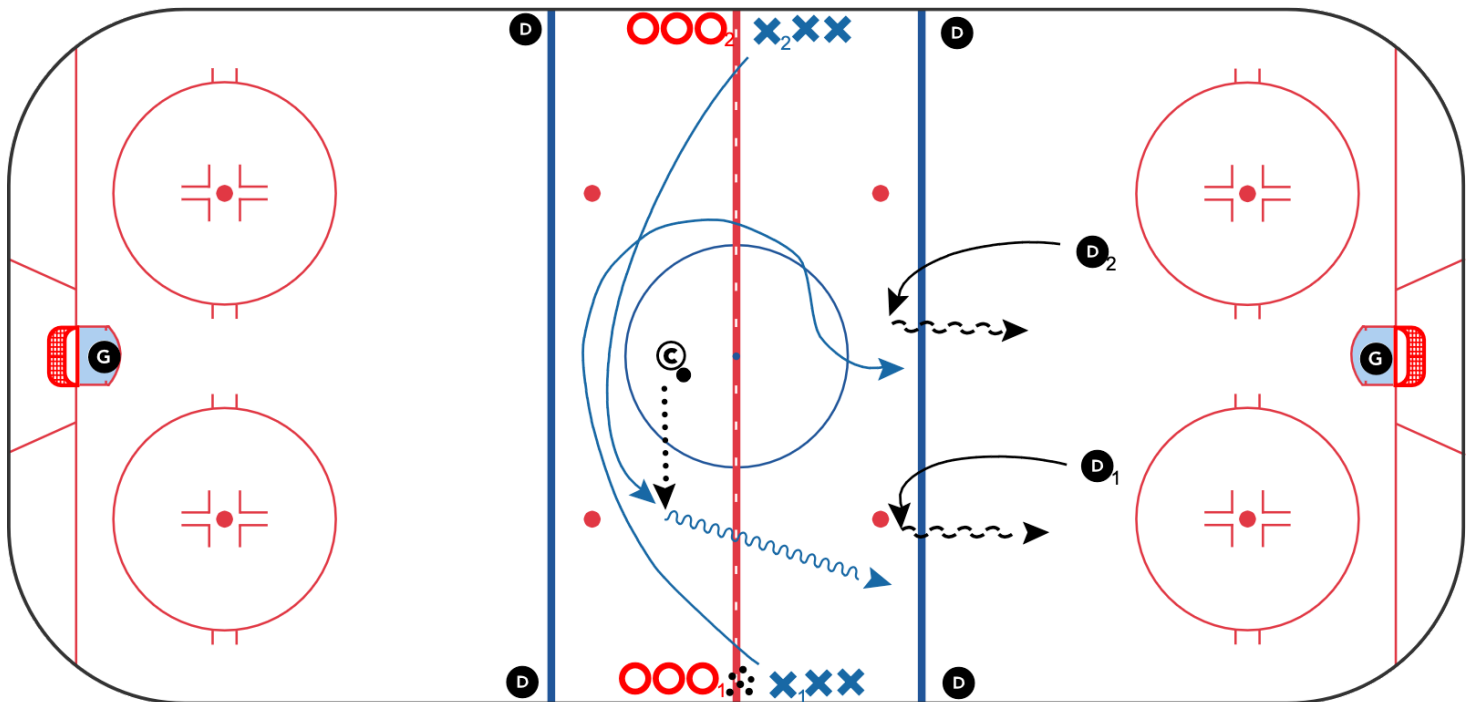


2 on 2 Speed Cross



Description

The drill is set up to go one way then the other way.

- The © stands in the middle of the ice with the puck.
- On whistle, × 1 & × 1 are going to cross over top of the ©
- D 1 & D 2 start at the top of the circles & gap up as soon as whistle goes.
- © will spot the puck to either × so the D don't know which one will receive pass.
- The × 's will react to who ever gets the puck and support.
- Play out 2 vs 2 downlow until whistle sounds to start drill other end.