

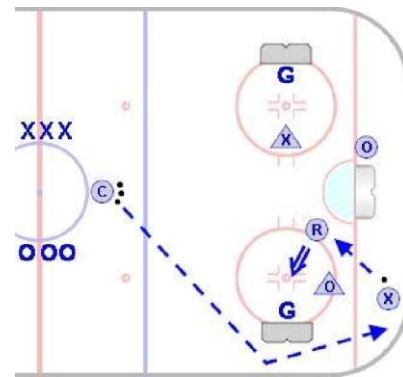
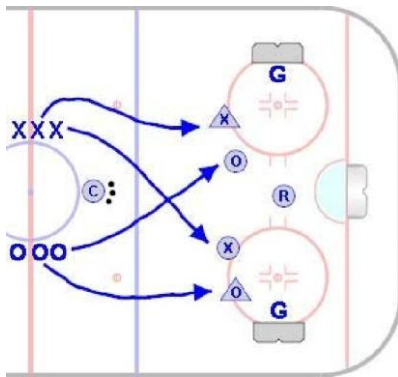
2 on 1 Rover

Squirt and Older

Goal: To simulate game-like 2 on 1 situations and teach players how to delay and support in an odd-man situation.

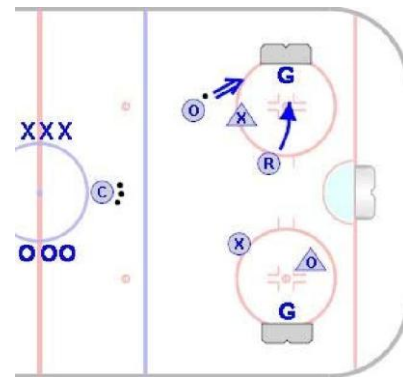
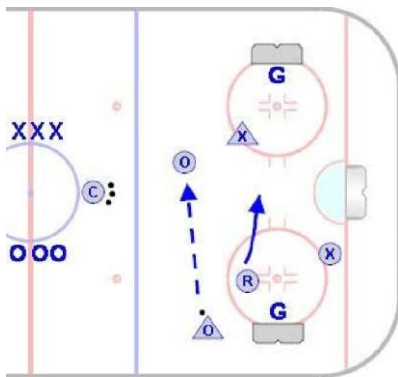
Time: 8 to 10 minutes

Shifts: 25 to 40 seconds



- One net is placed in the traditional position.
- One offensive and one defensive player from each team enters the zone. These players cannot cross the midpoint of the ice.
- One “rover” also enters play.

- The rover is allowed to go anywhere on the ice. The rover is always an offensive player.
- The coach dumps the puck into one end to begin play. The rover joins play for the team that gains control of the puck.



- Upon forcing a turnover, the defensive player will headman the puck. The rover again joins the team in control of the puck.
- The offensive player may need to delay until the rover catches up with the play.

- It is important that the designated offensive and defensive players not cross the midpoint of the ice. Use cones as a reminder if needed.
- Be mindful of the shift lengths as the rover will tire quickly.