

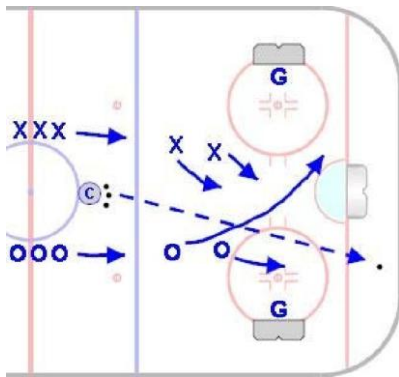
2 on 1 Transition

Squirt & Older

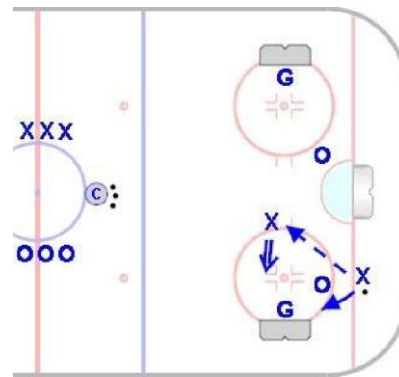
Goal: To simulate a game situation in which players are continuously involved in a 2 on 1, whether attacking or defending.

Time: 8 to 10 minutes

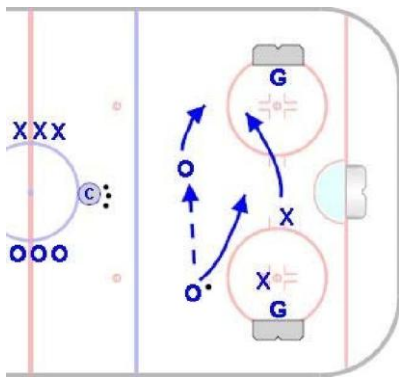
Shifts: 30 to 40 seconds



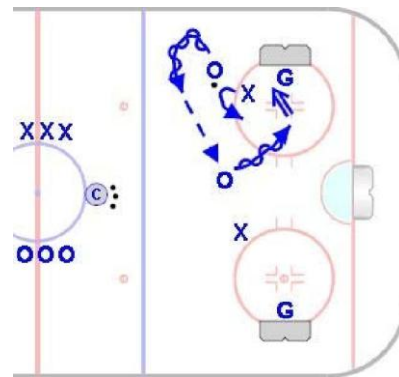
- Nets are placed on the face-off circles.
- To begin, the coach dumps the puck into one end. Two players from each team enter play.
- Each team must have one player in their offensive zone at all times.



- When beginning the game, the second player in line for the defensive team will become the designated offensive player.
- Players work a 2 on 1 in the offensive end of the ice.



- After a turnover, the defender looks to either skate or pass the puck out of the zone.
- The former offensive player nearest his/her own zone drops back to defend. Remaining teammate must stay in their offensive zone.



- Frequently, the lead offensive player will need to delay in order to create time for the trailing teammate to catch up with the play.