

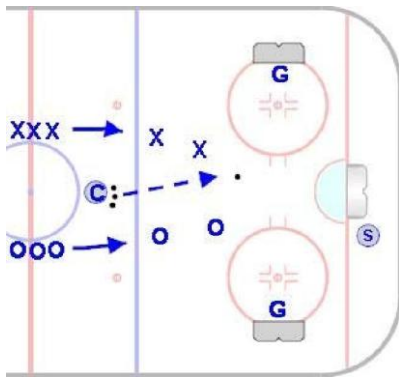
2 on 2 Single Support

All Ages

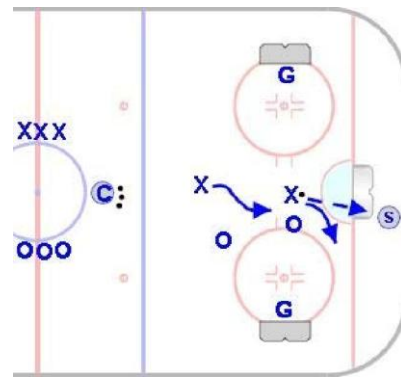
Goal: To simulate a game situation in which players work a quick give-and-go to create scoring opportunities.

Time: 8 to 12 minutes

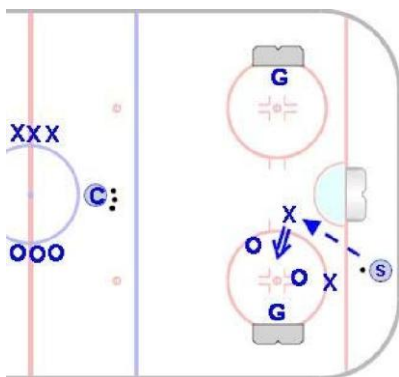
Shifts: 30 to 45 seconds



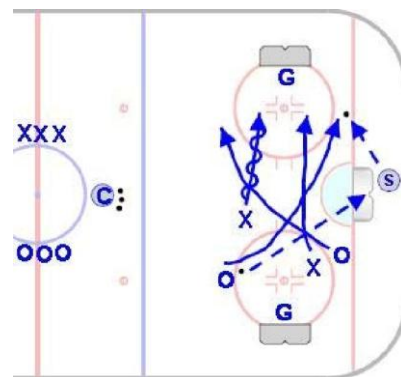
- Nets are placed on face-off circles.
- One support player is stationed (and must stay) below the goal line. Support player plays offensively for both teams.
- Two players from each team enter play.



- Players must complete a pass to the support player and receive a pass in return before attempting a shot on net.
- It is critical that players move to open ice, positioning themselves for the return pass.



- Use of the support player creates a constant 3 on 2 situation for the offensive team.
- Defensive players are not allowed to cross the goal line to pressure the support player.



- After a turnover, the support player switches teams and play changes direction.
- After a save is made and the offensive team regains possession, they must complete another pass before attempting another shot.