

Title : "D 2 D" Drill

Content elements: _____

Components : _____

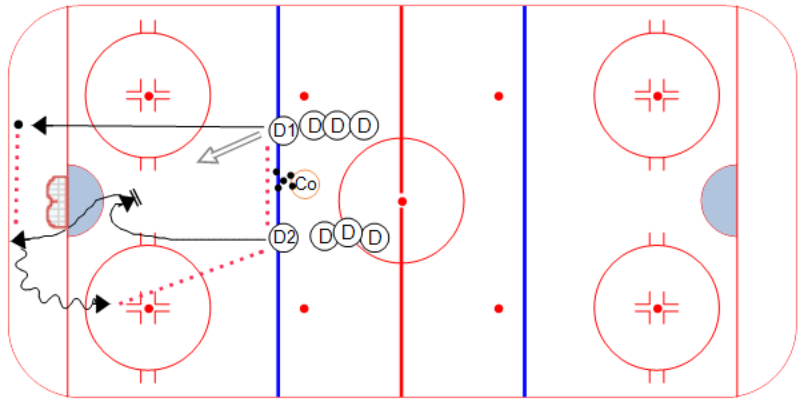
Description

1. Coach dumps puck behind net
2. D2 goes to the front of the net with feet facing forward
3. D1 gets puck behind the net
4. D2 drops down below the goal line to receive a D2D pass from D1
5. D2 turns up ice and makes a pass to the new D2
6. D2D pass from new D2 to new D1 and D1 shoots

Be sure to reverse sides so D1 carries the puck and also have the D alternate lines so they work both sides.

NOTE:

Be sure the D in front has his toes facing up ice



Key Points :