

Title : Quick Transition D2D

Category #1 : Full Team

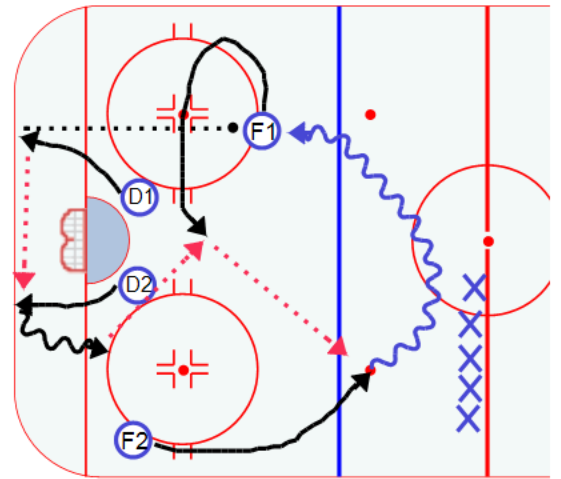
Category #2 : Passing

Description

This drill is designed to simulate a quick D2D breakout
F1 dumps the puck down low
D1 retrieves puck and goes D2D to D2
D2 receives puck and turns up ice looking for F1 in the slot
F2 times his skate and receives a pass from F1 in NZ
F2 skates back in and becomes new F1 and drill begins again.

Players up high to stop loose pucks
Have players step in for new F2 and D

Can have F1 & F2 go back 2x1 as a progression.



Key points:
