

Title : Canuck 2x1

Content elements:

Components :

**Description**

Drill starts on the whistle from alternating ends.

D steps out and makes a pass to F1 coming through the zone.

F2 loops low to skate with F1

F1 passes to F2

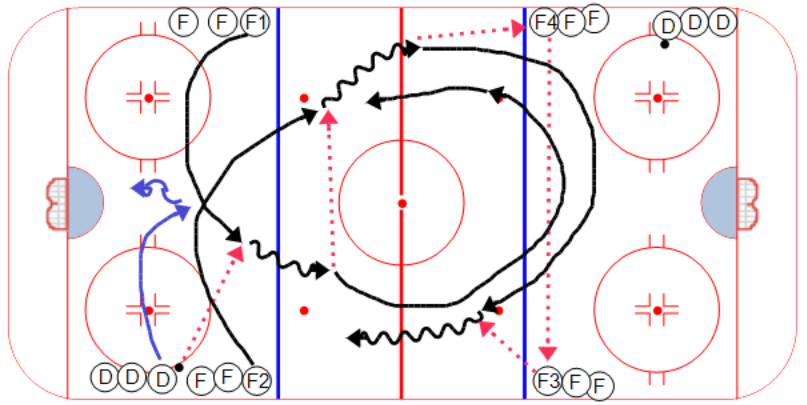
F2 passes to F4

F1 and F2 regroup low in the zone.

F4 passes to F3 and F3 passes to F2 coming through the zone.

F1 and F2 come back 2x1 against the D that started the play.

Alternate ends.



**Key Points :**