

Title : WC 1x1 or 2x1

Category #1 : One-on-One

Category #2 : Flow

Description

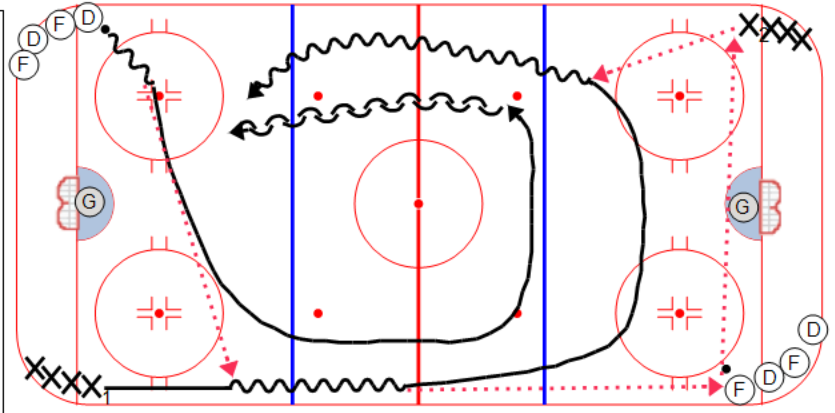
Drill runs from both ends at the same time.

Put D and F in corner to play as defensemen. This allows your forwards to play as a defenseman because there will be times that they have to pick up a rush and they should practice it.

D skates out of corner with puck and passes cross ice to X1.

X1 skates to the red line and passes to F/D in far corner.

X1 loops through the zone touching both circles and gets a pass back. Play goes 1 on 1 to the other end.



Key points :

Title : WC 1x1 or 2x1 (seq 2)

Category #1 : One-on-One

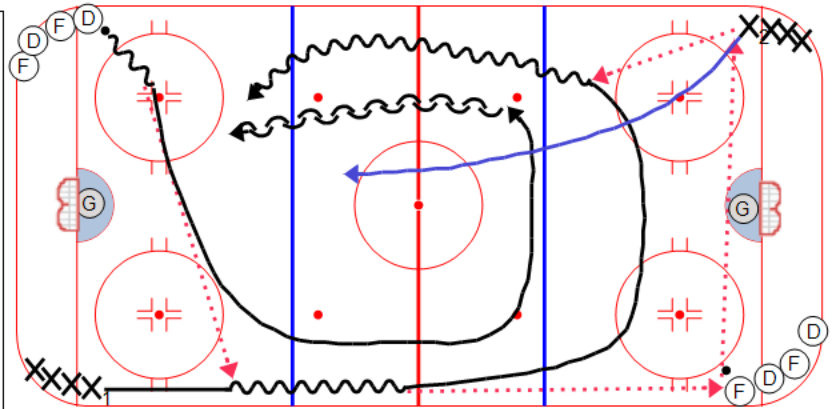
Category #2 : Flow

Description

Option #2

2 on 1

To make this drill a 2 on 1 X2 will jump into the play after making the pass to X1.



Key points :