

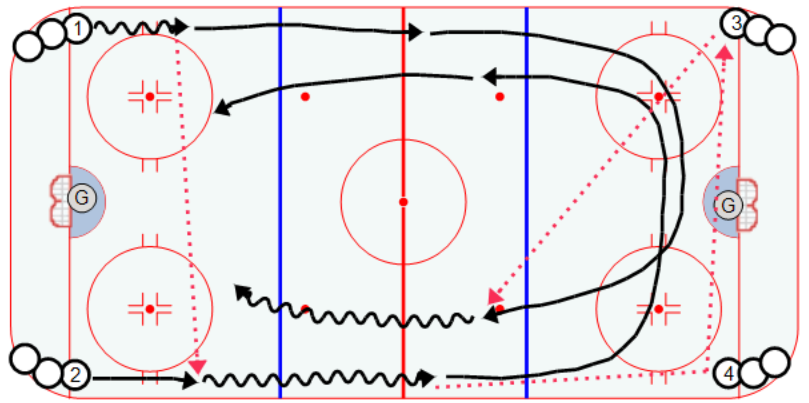
Title : ACHA Continuous 2v0

Content elements:

Components :

Description

1 starts drill by passing cross ice to 2.
2 skates to the NZ and passes to 4 in the corner.
4 passes cross ice to 3.
1 and 2 loop low in the zone and receive a pass back from 3 and go back down the ice 2 v 0.
Players 3 and 4 start the next rotation of the drill.



Key Points :

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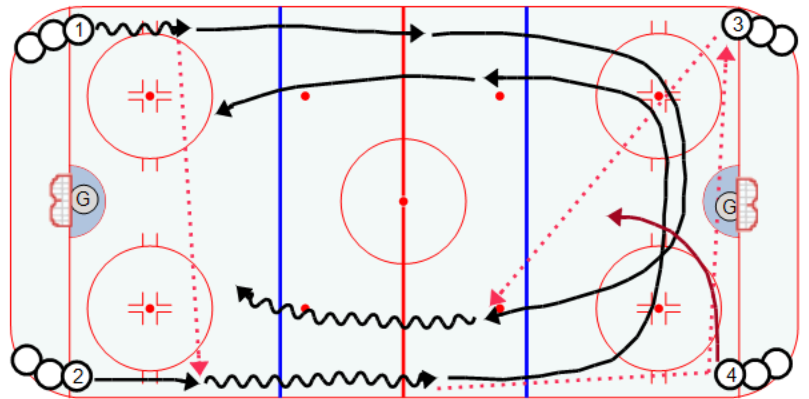
Description

Part II

Have the player who received the first pass (4) join the rush to make it a 3 v 0.

Part III

Have both players (3 & 4) join the rush to make it a 4 v 0.



Key Points :