Title: ACHA Continuous 2v1 and Content elements:

## **Description**

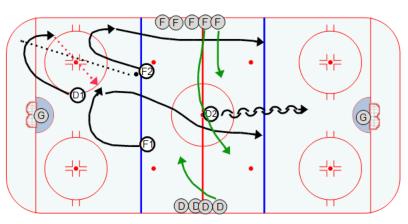
Drill starts with F1 and F2 at the blue line. D1 in the zone and D2 at center ice.

F2 dumps puck in the corner and D1 retrieves it and starts the breakout with a pass to F1 or F2.

F1 and F2 go in 2 v1 against D2.

When the rush passes center ice two new F's step out and one new D.

On the whistle the new F dumps a puck and D2 retrieves it and starts the breakout in the opposite direction. The drill is continuous. Add 3 F's and 2 D to make the drill a 3 v 2.



Components:

Key Points :		