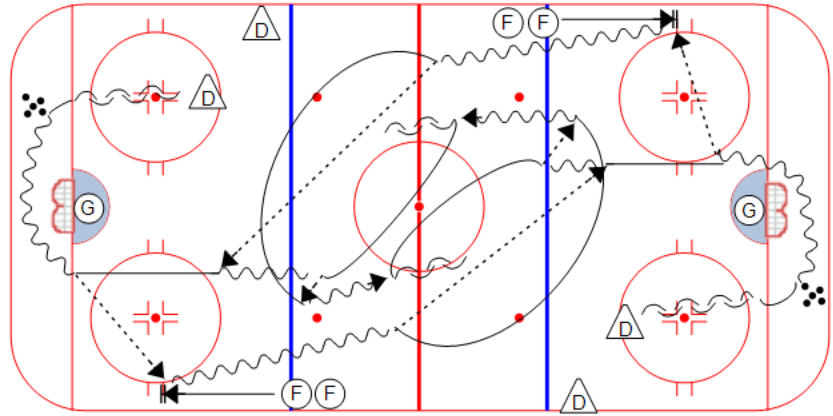


Description

**Drill starts on the whistle. Both sides at the same time.

On the whistle, the $\triangle D$ picks up a puck from behind the net and makes a pass to the $\odot F$ on the half-boards. The $\odot F$ skates with the puck into the neutral zone and makes a pass to the opposite $\triangle D$. The $\triangle D$ drops the puck for the $\odot F$. The $\triangle D$ closes the gap in the neutral zone and meets the opposite $\odot F$ for a 1 on 1.



Key points :

High tempo

Solid passes

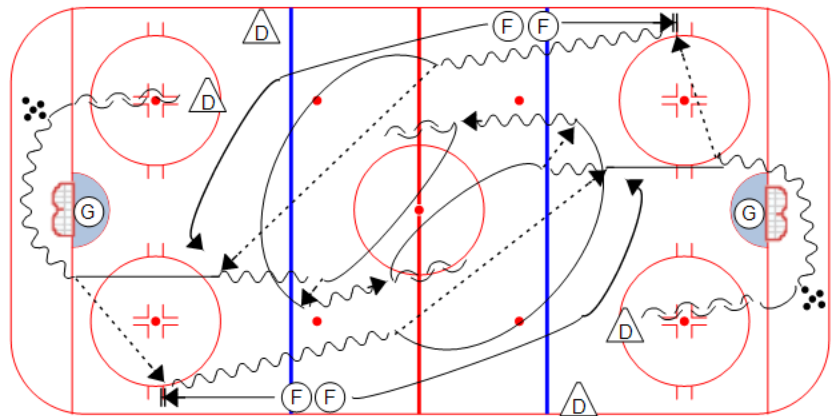
Title : Canadian 1 on 1 - B/O, Re-group (s

Description

2 on 1:

**Drill starts on the whistle. Both sides at the same time.

On the whistle, the $\triangle D$ picks up a puck from behind the net and makes a pass to the $\odot F$'s on the half-boards. The $\odot F$'s skate with the puck into the neutral zone and makes a pass to the opposite $\triangle D$. The $\triangle D$ drops the puck for the $\odot F$'s. The $\triangle D$ closes the gap in the neutral zone and meets the opposite $\odot F$'s for a 2 on 1.



Key points :

High tempo

Solid passes