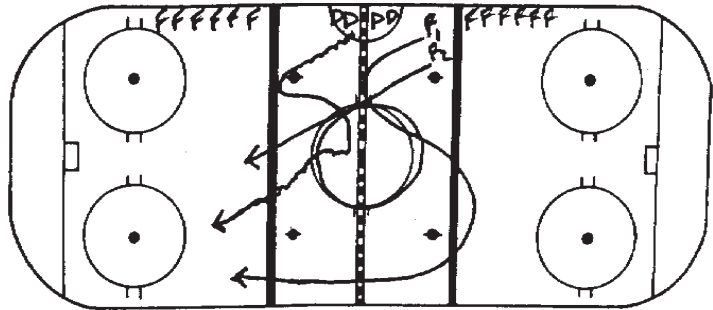


FOOT QUICKNESS 2 ON 1

PURPOSE: To improve foot quickness and agility while working on a two-on-one situation at full speed.

SET-UP: Forwards form lines at blue lines on boards with defensemen lined up at the red line. On the whistle, F1 (carrying a puck) and F2 move forward at full speed concentrating on keeping their feet moving. D starts out backward to the blue line, forward up to center and then backward to defend the attacking forwards in a two-on-one situation. The defenseman should



always be facing the play. Once the play moves past the blue line into the offensive zone, two forwards from the other blue line attack the other end of the ice with a defenseman defending.