

## TRANSITION 2 ON 1

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**PURPOSE:** To improve skating, positioning and decision-making skills of defensemen and forwards in a 2 on 1 situation beginning in the neutral zone.

**SET-UP:** Arrange forwards and defensemen in lines in the neutral zone area. On the whistle, the defenseman backs off to the blue line, receives a pass from the forwards and makes a return pass to the forwards who attack the other end of the ice. The defenseman, then moves to a position to defend the 2 on 1 attack from the other end.

