

2-ON-1 FROM BELOW THE GOAL LINE

PURPOSE: To improve positioning and quick puck movement on a 2-on-1 attack from below the goal line for forwards, and read and react skills for defensemen and goaltenders.

SET-UP: F1 starts behind the net, F2 on the goal line in the corner with a puck and D on the hash mark in front of the net. On the whistle, F1 and F2 move quickly to create a 2-on-1 resulting in a shot on net. The area of play is restricted to below the hash marks and emphasis is on quickness of the attack.

