

2-ON-0 TRANSITION

PURPOSE: To work on skating, passing skills and timing in transition to the offensive attack.

SET-UP: Players start from a single file line at center ice. Pucks are scattered at the top of the circle area in the zone. On the whistle, the first player in line quickly retrieves the puck and turns up-ice to attack. The second player in line moves up to a position to receive a pass and both players move up-ice on a 2-on-0 rush.

