

LOOP 2-ON-1

PURPOSE: To work on a superior offensive attack created in the neutral zone and the handling of a 2-on-1 transition for defensemen.

SET-UP: The drill can take place at both ends simultaneously. Forwards (F) and defensemen (D) line up in opposite corners. On the whistle, a D carries a puck towards the center of the ice and makes a direct pass to F, who has begun

to skate towards the red line. F receives the pass, continues until he crosses the red line, then loops back to attack the net. After D releases the pass, he continues up the ice, must cross the blue line, pivots backwards and picks up F attacking the goal. (Note: This drill is also a good one to add the second effort element to.)

