

2-ON-2

PURPOSE: To teach forwards puck support and defensemen decision-making.

SET-UP: On the whistle, two forwards move up the ice to the far blue line where they receive a pass from a coach and then proceed on a 2-on-2 rush on two defensemen who have stepped to the middle of the ice. The drill will run continuously as two forwards will begin from the other end after the previous rush has passed over the far blue line.

