

2-ON-1 FROM RED LINE

PURPOSE: To teach decision-making, as well as puck support to forwards, and positioning to defensemen.

SET-UP: On the whistle, forwards move at top speed on a 2-on-1 against a defenseman. The puck should enter the zone along the boards with the puck carrier driving to the net. The off-winger has to decide to lay up or drive hard to the net while the puck carrier must choose his "best" play based on the positioning of the defenseman.

