

## BACKCHECK 2X1

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**PURPOSE:** To work on backchecking position.

**SET-UP:** X1 begins with a puck on his stick. X2 will go to the net as hard as he can (without going offside). On the whistle, X1 carries the puck hard into the offensive zone. X2 goes hard to the net. B1 turns and picks up X2 going to the net. X1 has the option to shoot or pass to X2 if he is open.

