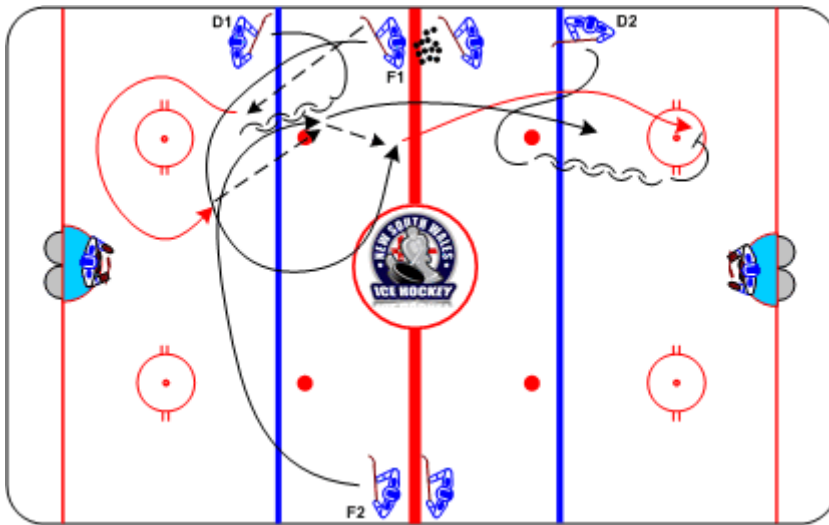




Transition 2-on-1 Cross & Follow

Duration: 8 mins

- F1 passes to D1, controls puck around circle
- F1, F2 support with timing
- D1 passes to F2, F2 punch passes to F1
- F1 crosses neutral zone for net drive vs D2 following with 1-up support
- F1 options are: net drive; 1-up pass; delay with cycle pass; and high support pass



Coaching Tips

- Timing
- Punch pass
- Cross & follow
- Net drive options
- Offensive support
- Defensive positioning
- Puck protection

Execution Tips

- Drill runs from both sides
- F1, F2 support with D1 low to allow for unit breakout