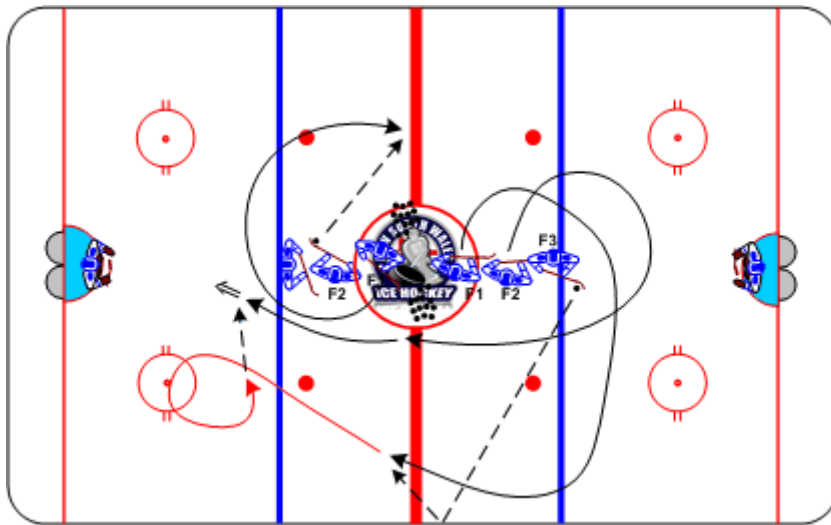




1-on-0/2-on-0

Duration: 8 mins

- Zone A: **F1** skates away from the line down below the blue line and around the face-off dot, receiving a direct or bank pass from **F2**
- Zone B: **F1 / F2** skate away from the line down below the blue line. **F1** goes around the face-off dot, receiving a direct or bank pass from **F3**. **F2** goes deeper into the zone and drives through the middle. **F1** crosses blue line, delays and passes to **F2**. **F2** shoots on goal



Coaching Tips

- Communicate
- Accelerate through the turn using cross-overs
- Head up, stick on the ice, accelerate to the net - wrist shots

Execution Tips

- Zone A: Both lines leaving at the same time
- Zone B: Both players leave together with **F2** taking a slightly longer route