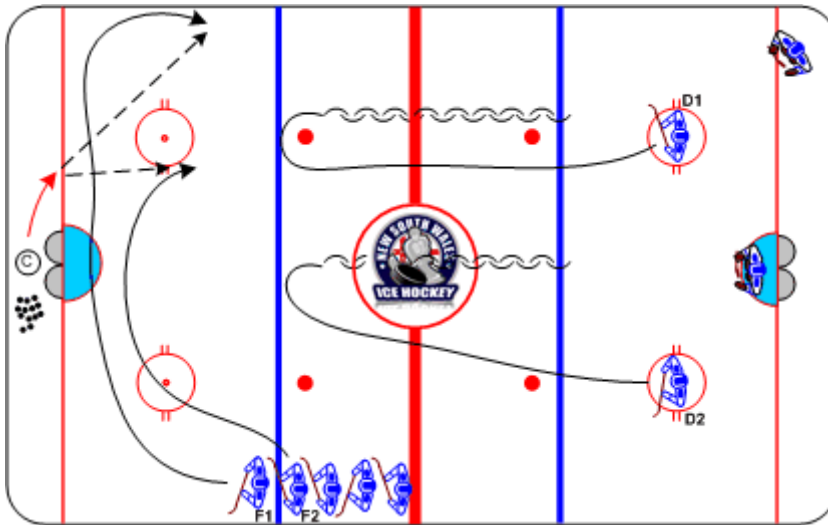




End to End • 2-on-2

Duration: 8 mins

- On whistle, **F1** and **F2** skate to support **©**
- **©** steps out from behind net, passes to **F1** or **F2**
- **D1** and **D2** start at face-off circles, hustle to far blue line and pivot backwards to play 2-on-2
- Forwards can cross, delay, drop, drive (be creative)



Coaching Tips

- Full speed
- Gap control
- Defense to close gap
- Forwards to be creative

Execution Tips

- Start on whistle