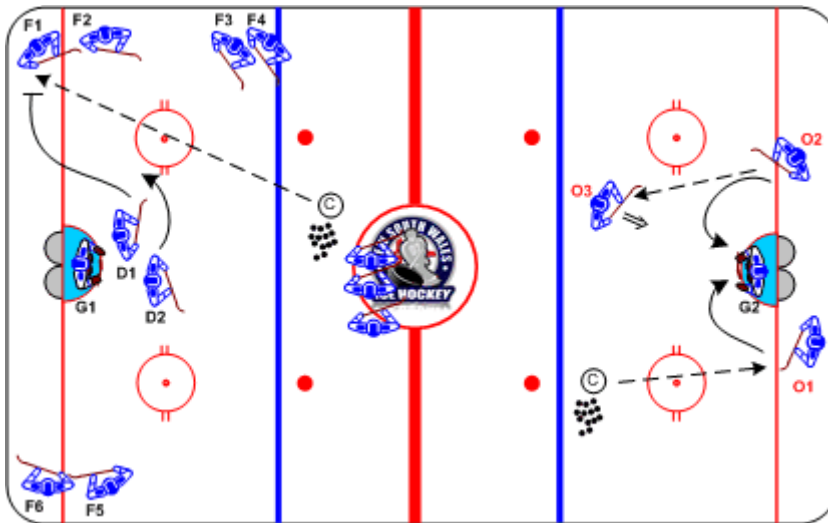




Golden Bear 2-on-2

Duration: 8 mins

- D1, D2 start and return to front of net for each play
- Forwards pair up in 3 different locations
- © passes to any pair of Forwards, attack 2-on-2 vs Defense
- D1 and D2 play all three 2-on-2's
- Goalie plays wrap around and point shots with Forwards



Coaching Tips

- Communication between checkers
- Defense take turns, one pressures while the other supports

Execution Tips

- Drill controlled by the whistle
- Goalies switch half-way