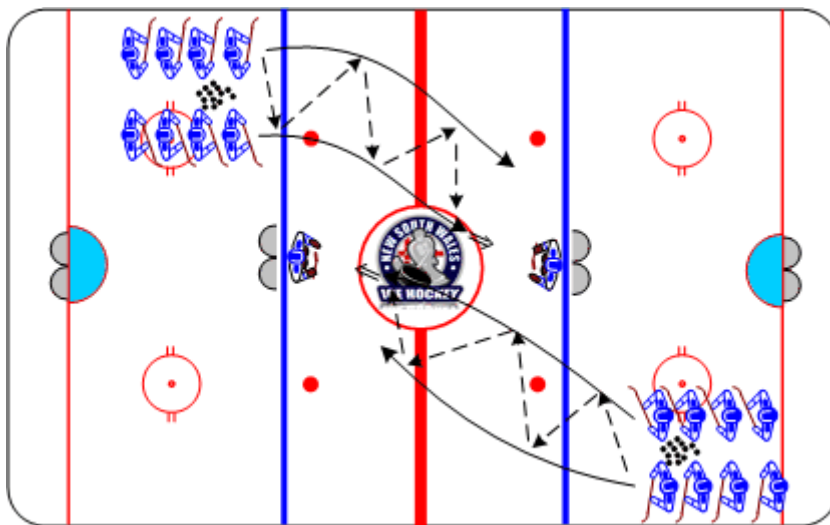




2-on-0 Showdown Relay

Duration: 6 mins

- Forms two teams and have team members pair up
- On the whistle, the first pair in each team touch passes and skates around the far net attacking the net closest to their team
- The pair continues until they score, while the goaltender has the option of shooting the puck away
- After a goal the puck is passed to the next pair



Coaching Tips

- Quick one-touch passing
- Heads up throughout the activity
- Scoring pairs return to the line and kneel on one knee

Execution Tips

- Only the first pairs begins on the whistle
- All other teammates wait at the starting point
- Waiting players must not interfere with the activity