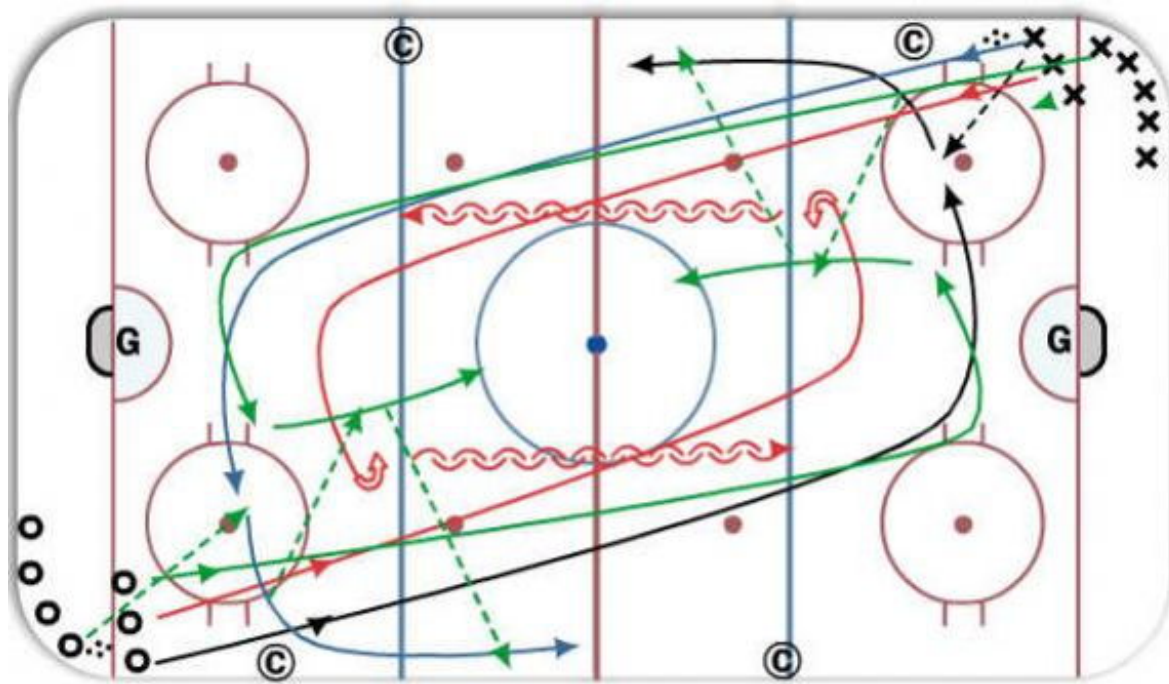


## 2 on 1



### Description

Half of the team in opposite corners with pucks;

One side starts out with the first three (3) players skating towards the other end;

The first player cuts across the slot and receives a pass from the first player in the other line;

The second player cuts across the ice just inside the blue line and pivots to backwards skating and plays defense;

The third player makes a shallow cut across the slot and turns back up ice to receive a pass from the first player;

These players form the first 2v1;

The first three players in the line that passed the puck follow immediately after the 2v1 group that just skated past.

**Notes:** Duration = 10 minutes

5 minutes from one side and then switch sides

**Tags:** Passing to a moving target,, Skating with the puck,, Changing direction from forwards to backwards,, 2v1 tactics