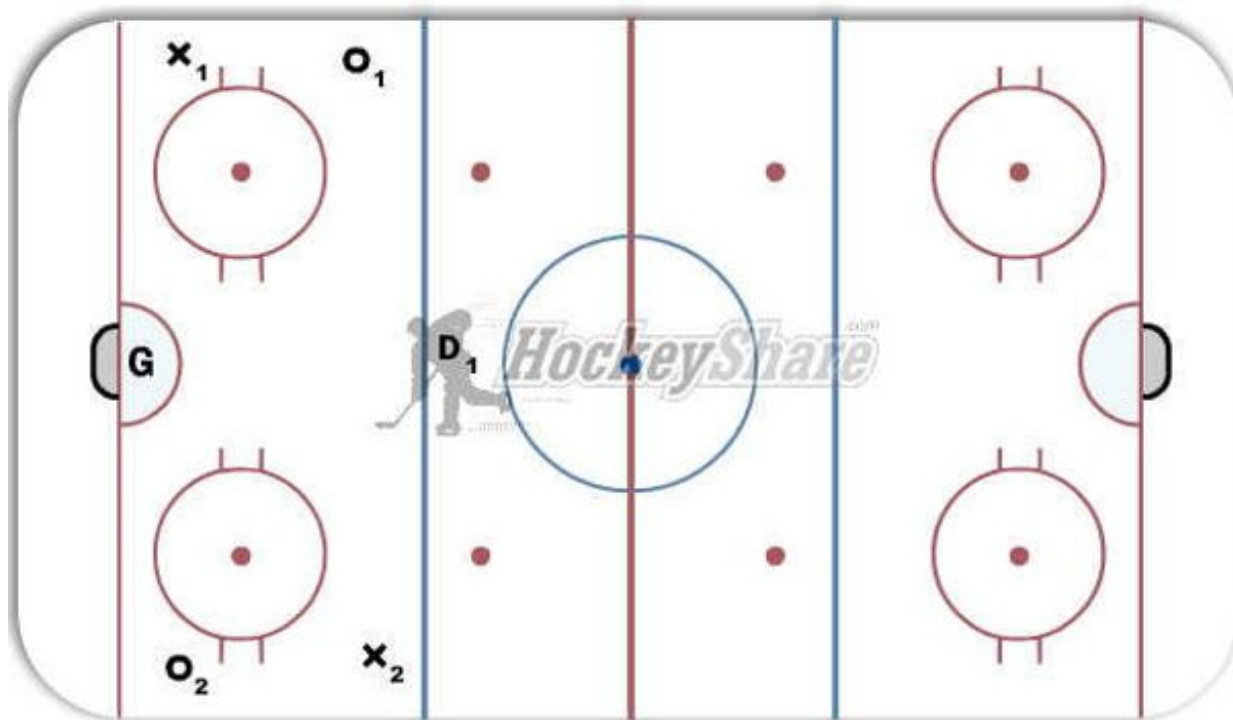


## 1 v 1, 2 v 1, 2 v 2



### Description

X's are Off. and O's are Defending

High Man passes puck to X - battles 1 vs 1 against O for 30 sec

-call in second X for 30 sec 2 v 1 battle

-call in second O for 2 v 2 battle

\*X's may use high man as third player. High man may not move in (only can move along blueline)

O's must try to gain possession and pass to high man who would then pass to X for continued battle

**Notes:** -Coach times 30 seconds and "calls" in each player

-if goal is scored (goalie freezes) high man passes in another puck

**Tags:** Body Positioning, ,