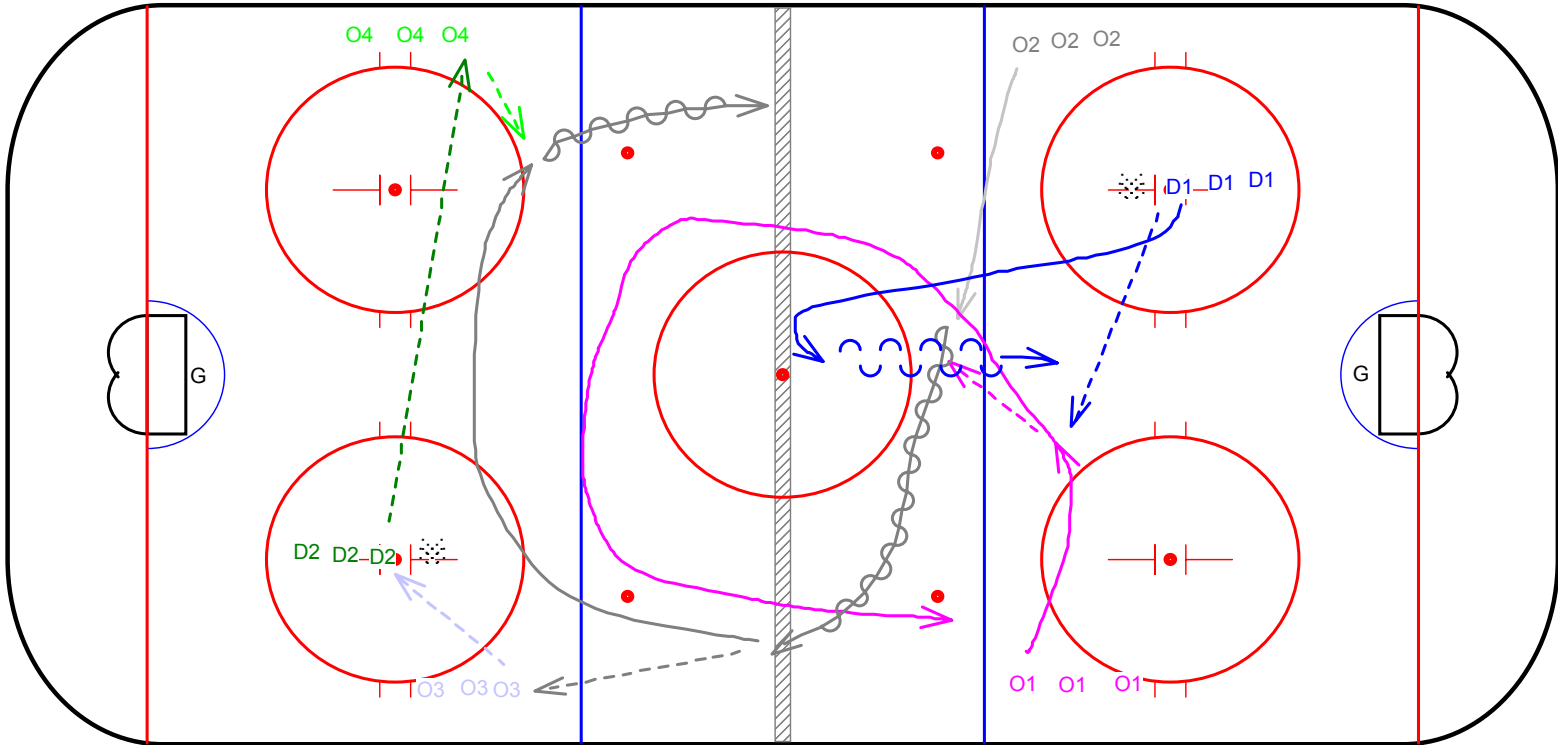


2 on 1 Continuous Flow



continuous passing.....2on1's....great warm up drill

D1's set up with pucks in opposite circles, O1 curls down in lateral support and receives pass from D1. O2 give up ice support, with time and receives pass from O1. O1 & O2 change lanes and O2 passes cross ice to O3 who swings it to D2 who swings it to O4. O4 make one touch pass to O2 who has deep curled a lane change with O1, with time for close support of O4. During this D1 has stepped up to set gap for defense of the 2on1 coming back. Next rep starts from opposite end with O4 dropping down to support D2. No whistle command.

TEACHING POINTS

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- lane changing & filling
- fundamental passing skills
- defensive & offensive 2on1 principals
- close support skate with time
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