

**Categories**

LAJITEK. KIERTO JA YH.TOIMINTA

syöttäminen/vastaanotto

**Drill Title :** 2-0 syöttömylly**Components :** kiekollinen/kiekoton**Content elements :****Description**

o1 starts the drill by passing to puck player at the lower circle  
 after that players are free to pass the puck to moving players (o1 and o2) or to lines. when o1 and o2 enter the NZ players at the low circle can leave to lines.

when back in OZ you pass only once and then you must shoot. after a shot o1 and o2 move to lower circles to receive pass from the next pair

**Key Points**

option reaction

quality passing

timing

freedom of choice

