

ENIO

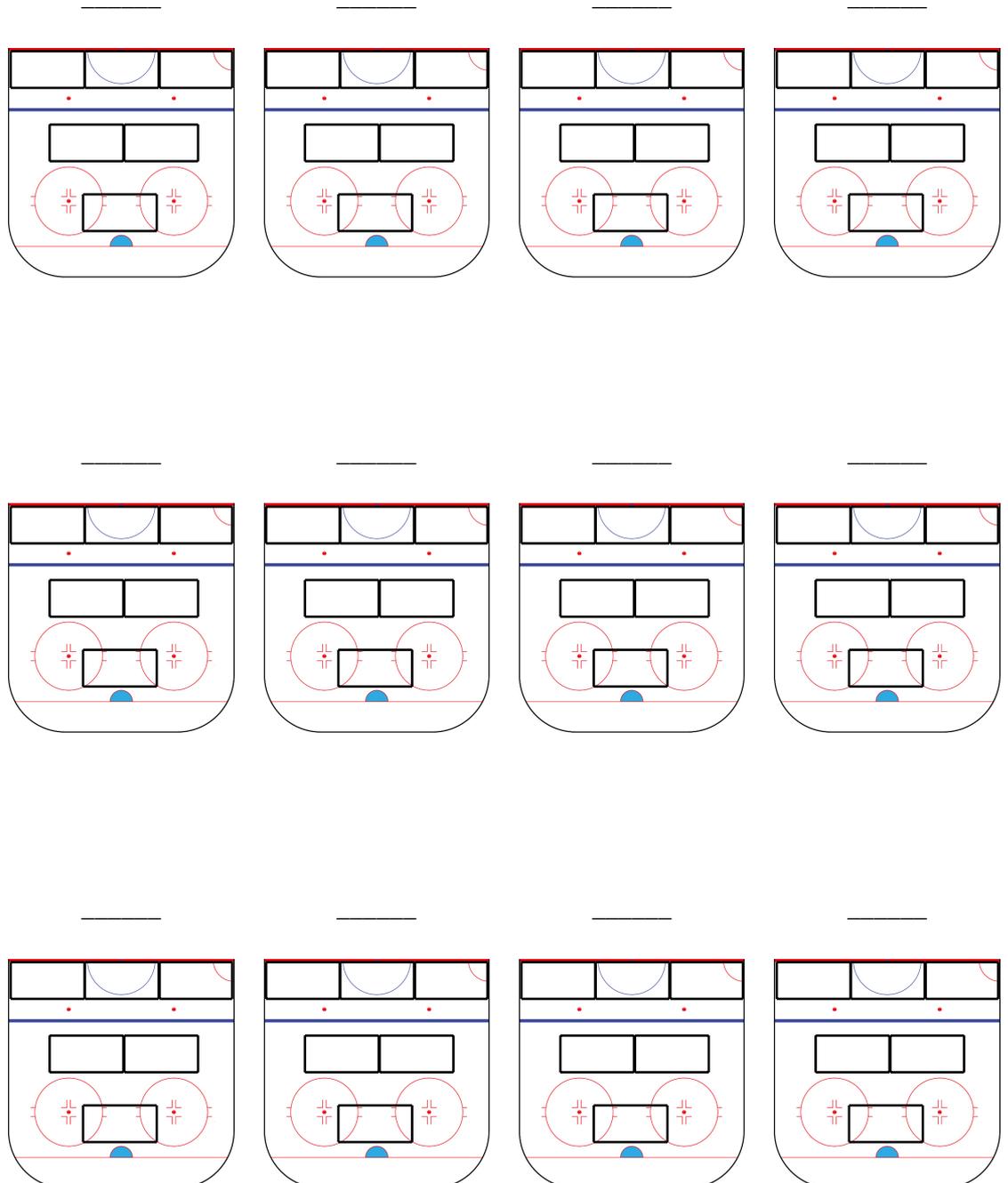


DURATION: 40minutes

DESCRIPTION:

Hi Enio,
Here are my 4 drills. Focused on 2@1s.
Cheers, Larry

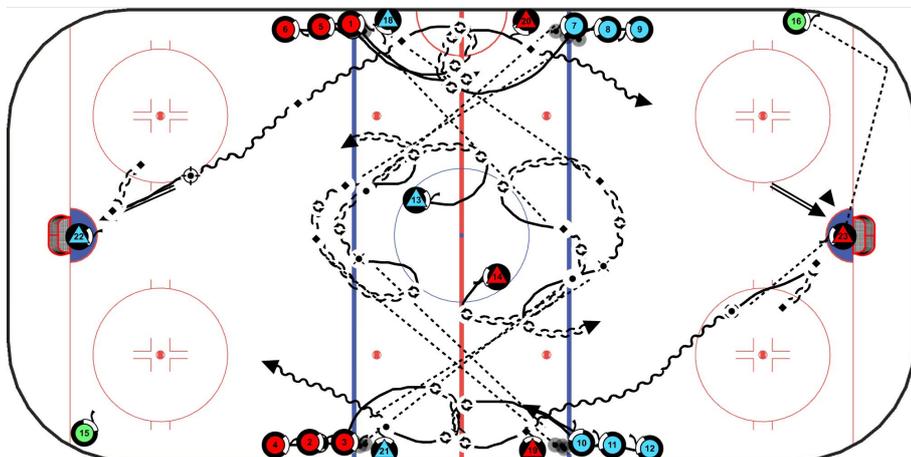
KEYPOINTS:





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1 - KITCHENER CURL 1@0



TIME: 10

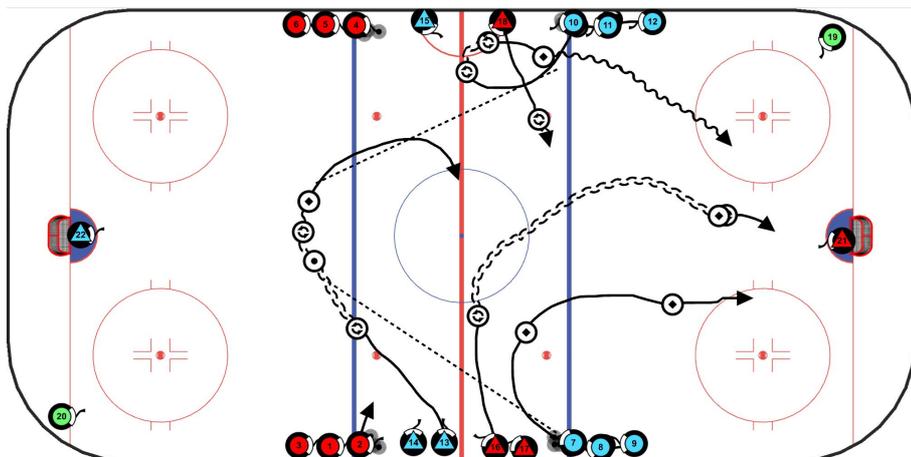
DESCRIPTION:

- D13 steps up, pivots backwards and skates towards his own blue line.
- F7 passes to D13 who steps up and passes to curling F10 on the far boards.
- D13 now pivots backwards again to receive pass from F11
- D13 now steps up to pass to curling F7
- Both sides go at same time

KEYPOINTS:

- D men make clean, smooth pivots

2 - KITCHENER CURL 2@1



TIME: 10

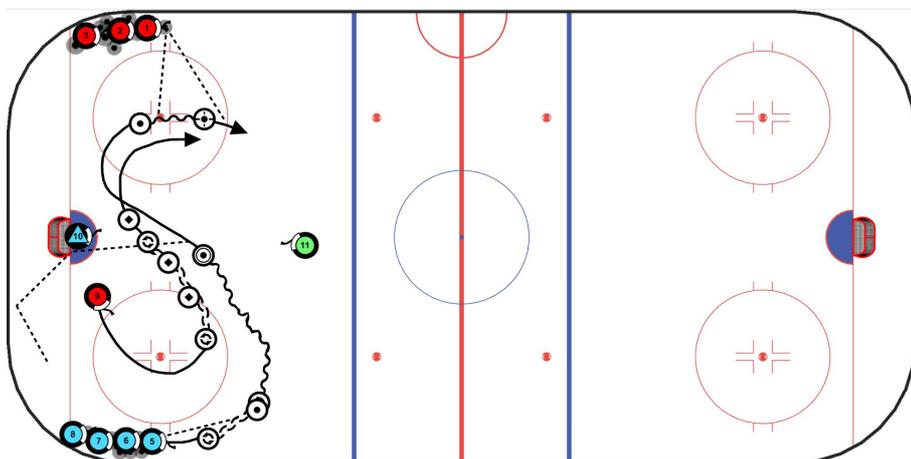
DESCRIPTION:

- D13 skates towards blue, pivots backwards and receives pass from F7
- D13 now steps up to pass to curling F10
- F7 and F10 now go 2@1 on D16
- D13 now steps up, pivots backwards ready to defend next 2@1

KEYPOINTS:

- Forwards should always pass to D man coming off of the boards closest to him to simulate neutral zone quick

3 - MALKY'S LOW 2@1



TIME: 10

DESCRIPTION:

- P5 pivots, receives a pass from P6 and goes one on one on P9. After he shoots, P5 now exchanges passes with P1 and they attack P9 two on one.
- From this point, it is a continuous two on one. Players attack twice, defend once then change out

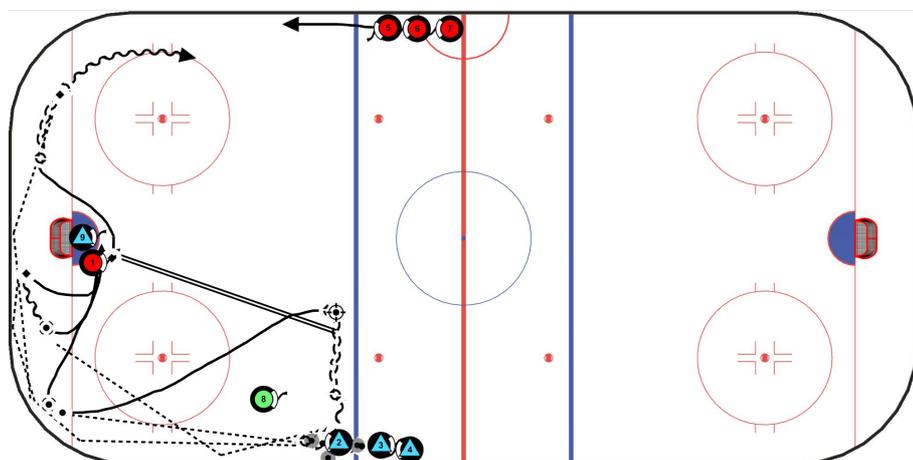
KEYPOINTS:

- The drill begins as a one on one, then develops into a continuous two on one



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4 - SATOR 2@1 LOW



TIME: 10

DESCRIPTION:

- F1 sets up in front of the net and D2 long cycles the puck in behind the net.
- F1 retrieves the puck and bank passes it back up to D2 who slides along the blue and shoots as F1 screens.
- D3 chips a puck low, D2 retrieves it and banks it behind the net to F1.
- F5 now comes down the wall t

KEYPOINTS:

- Defensemen work on shooting