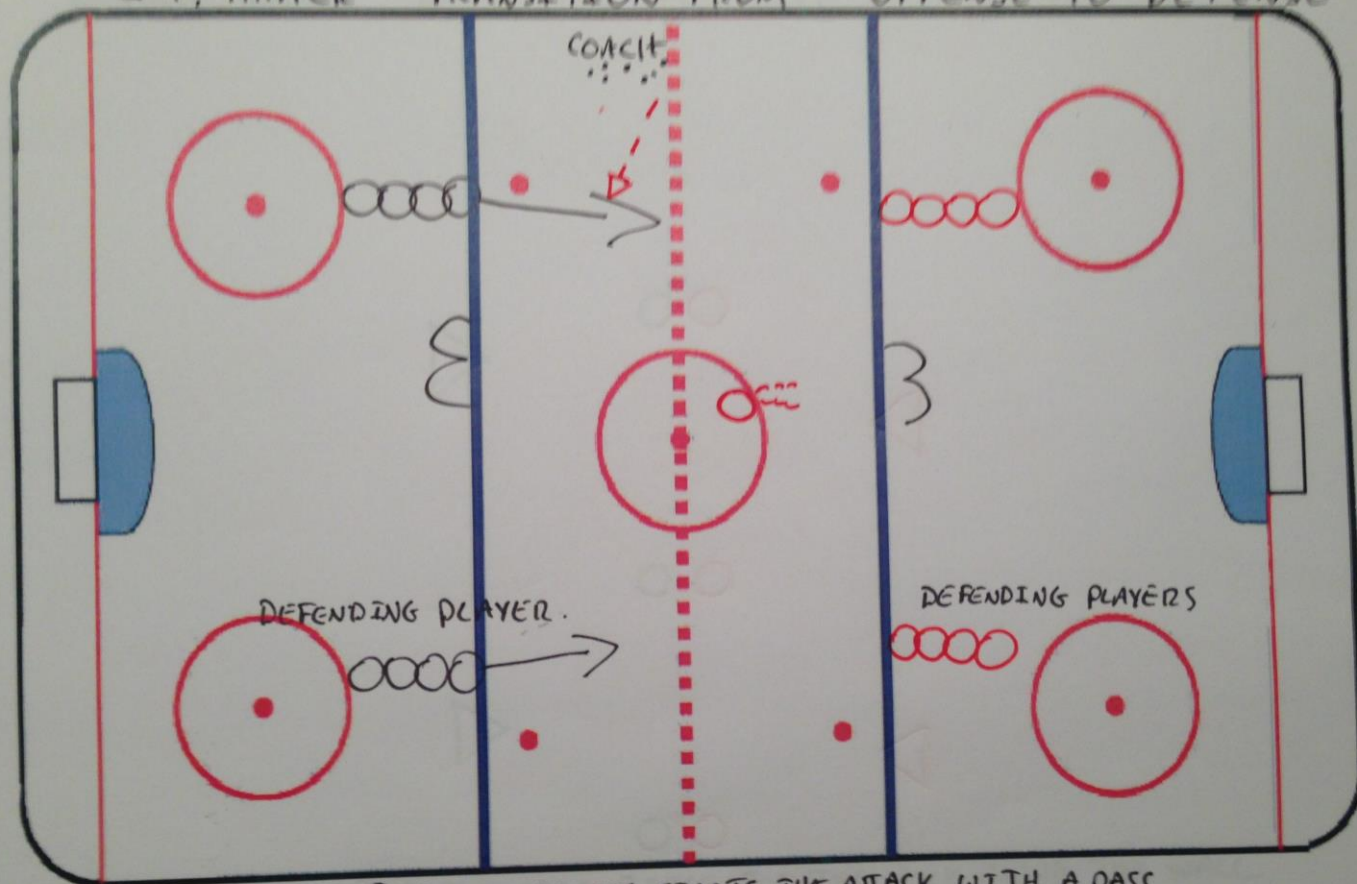


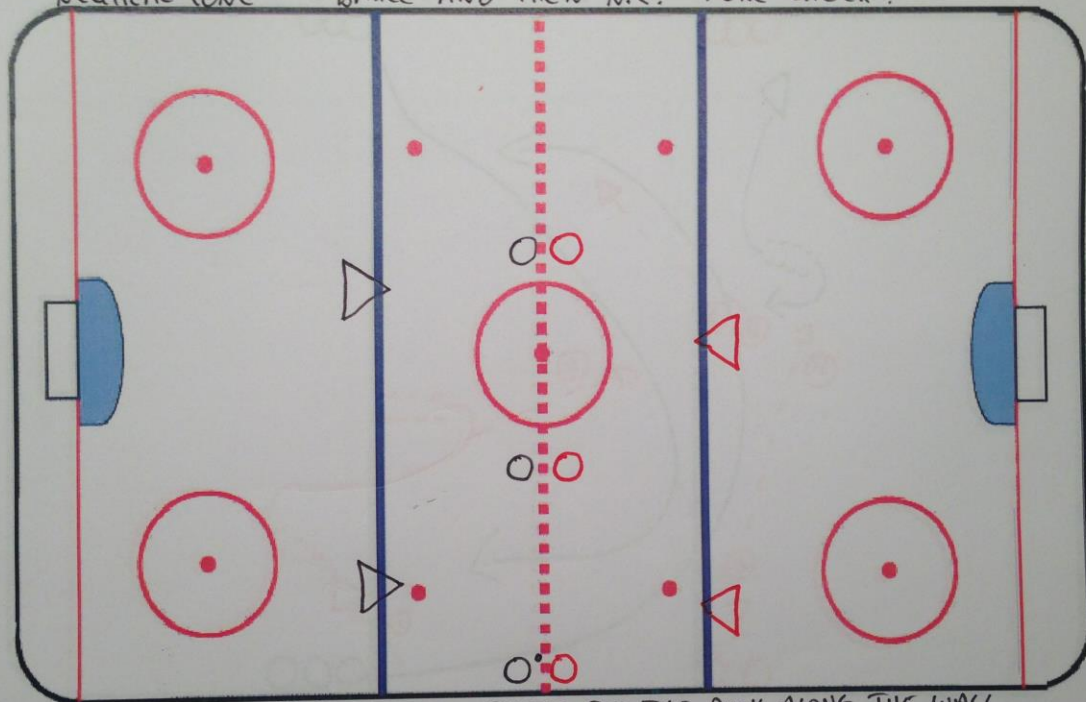
- ① 1 ON 1 BATTLE FOR 20 SECONDS
- ② ON THE WHISTE PLAYERS CLEAR THE ZONE. 2 ON 2 STARTS
- ③ NEW WHISTE 3 ON 3 IN ZONE
- ④ QUICK TRANSITION IS THE KEY TO THIS DRILL.

# 2-1, ATTACK ○ TRANSITION FROM ○ OFFENSE TO DEFENSE



- ① COACH ALWAYS STARTS THE ATTACK WITH A PASS
- ② 2- PLAYER ATTACK, QUICK AND DIRECT AT THE NET
- ③ ON THE WHISTLE 2-NEW PLAYERS ATTACK 2-1.
- ④ ONE LINE IS ALWAYS DESIGNATED AS THE DEFENDERS.

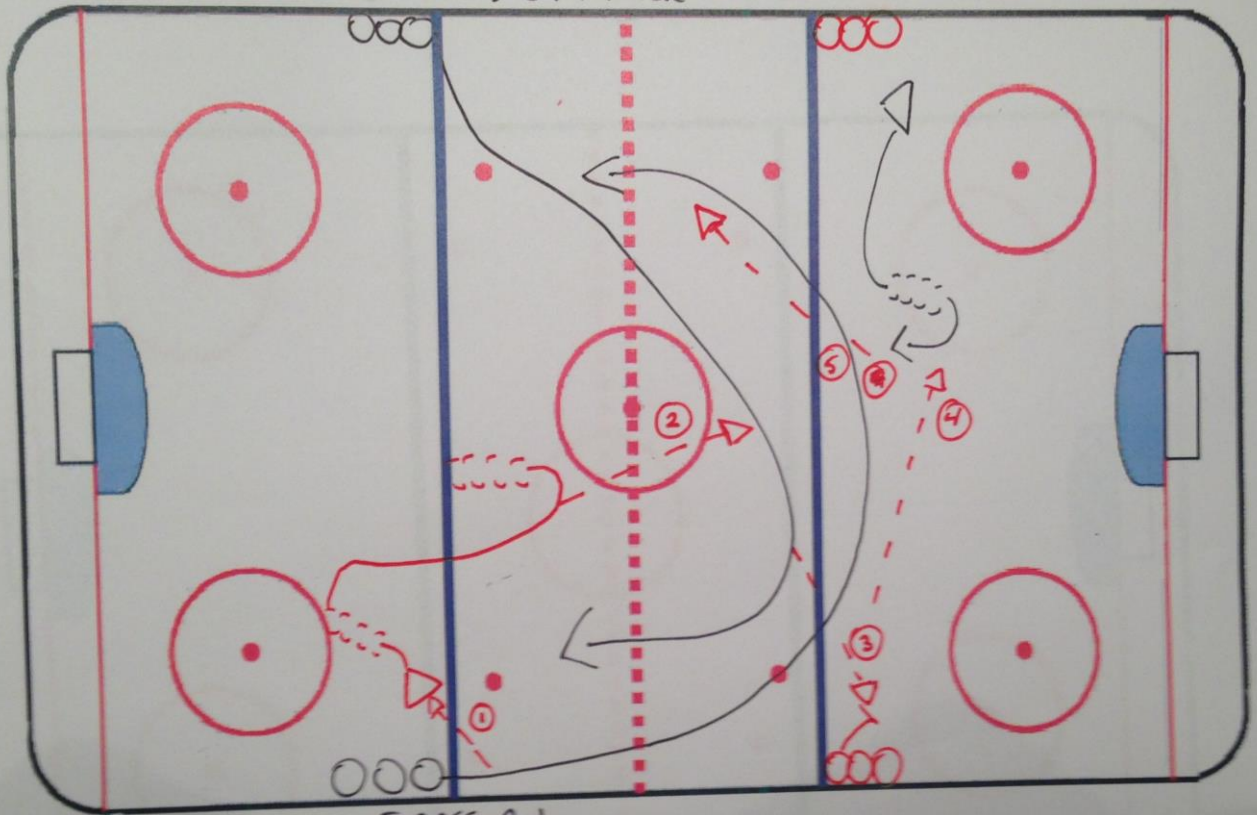
NEUTRAL ZONE ○ BATTLE AND THEN N.Z. ○ FORE-CHECK.



- ① 2-FORWARDS BATTLE FOR THE PUCK ALONG THE WALL
- ② WHAT EVER FORWARD WINS THE PUCK, THEN PASSES TO DEFENSE
- ③ OFFENSIVE TEAM WORKS ON N.Z. REGROUP
- ④ DEFENSIVE TEAM WORKS ON N.Z. FORE-CHECK.



# 5-PASS 2-1 ATTACK



- 5-PASS 2-1.
- ONE SIDE AT A TIME
  - DEFENSEMAN PASSES TO FORWARD.
  - FORWARD PASSES TO PLAYER WAITING IN LINE
  - PLAYER IN LINE PASSES TO DEFENSEMAN COMING OFF THE WALL.
  - TIMING, QUICK PUCK MOVEMENT. ATTACK AT FULL SPEED.