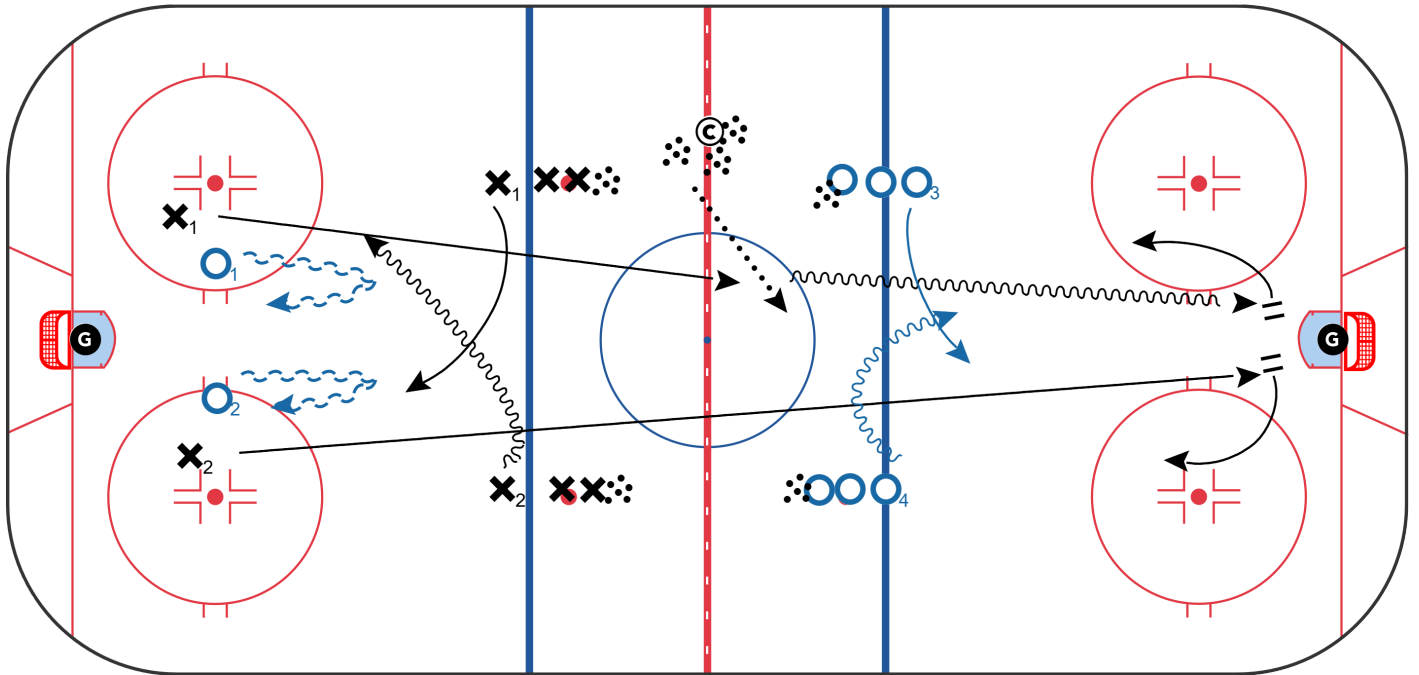




Breakaway Sprint 2 Vs 2

Breakaway Sprint 2 vs 2

10 mins



Description

- on the whistle **X 1 X 2** Battle 1 **O 1 O 2** (start in the zone to begin the drill) in the zone 2 vs 2
- on the whistle **X 1 X 2** turn up the ice as the coach places a puck in the middle battle 1 vs 1 for a shot.
- after the shot the whistle is blown and **X 1 X 2** stop and turn to take on two new **O 3 O 4** defensively 2 vs 2.
- on the whistle **O 3 O 4** turn up the ice as the coach places a puck in the middle battle 1 vs 1
- on the whistle **O 3 O 4** stop and turn to take on two new **X 5 X 5**.

this drill is continuous until stopped by the coach

Key Points

- Transitioning offense to defense
- Backchecking to the house and take on DZ positioning with stop and starts.
- good sticks
- Communication