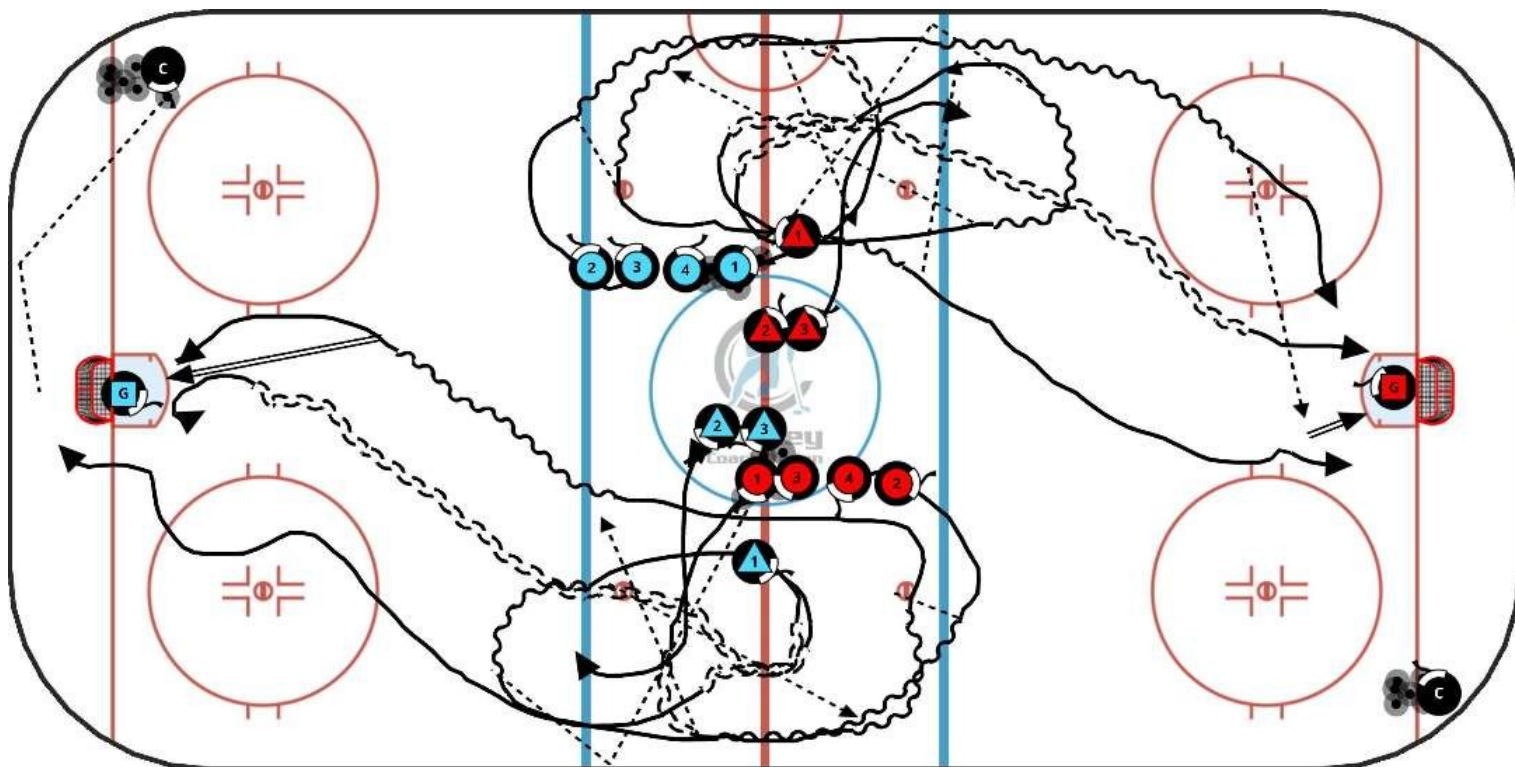


# AMBRI 2 ON 1 D SHOT/BLOCK OUT



## DESCRIPTION

2 on 1 drill

## SETUP

- D1 step up and pivot, F1 chips puck behind him.
- D1 retrieve the puck and quick up to curling F1-F1 passes puck over the blue line to F2 and come back 2 against 1
- D1 gap up quickly and try to keep shooter outside-After 2 against 1, C chips puck behind the net for F2
- F2 banks pass up to D2 for a quick shot
- D1 blocks out F2 to net

## TIPS FROM THE COACH

- o -D clean, quick pivots and quick up pass
- o -Forwards pivot with eyes on puck
- o - Work D slide along the blue line

## ASSOCIATED WITH

U11, U13, U15, U18, Systems