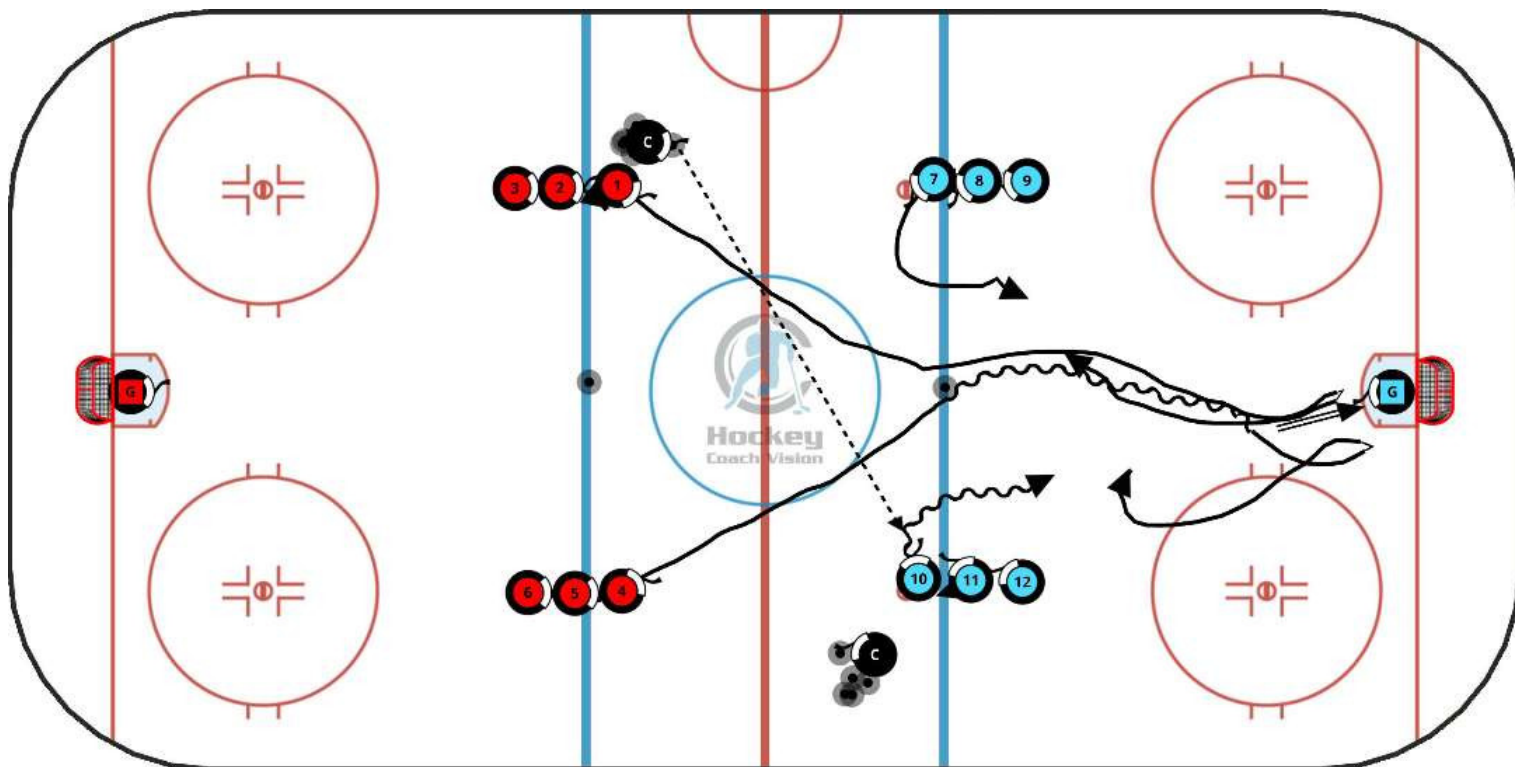


GM BLUE COLLAR 2@2



DESCRIPTION

2 on 2 battle drill

SETUP

On the whistle, P1 and P4 race for the puck spotted at the far blue line. The winner gets shot.

Both stop at the net then moves out quickly to gap up on P10 and P7.

The next whistle coach passes to P10 to start the 2@2 battle along with P7. On the next whistle, P10 and P7 sprint to far blue to start next series

On the whistle, P1 and P4 race for the puck spotted at the far blue line. The winner gets shot. Both stop at the net and then move out quickly to gap up on P10 and P7

Next whistle coach passes to P10 to start 2@2 battle along with P7. On the next whistle, P10 and P7 sprint to the far blue line to start the next series

TIPS FROM THE COACH

- o Sprint starts and puck protection
- o Lots of talk on defensive side
- o Compete hard!

ASSOCIATED WITH

U11, U13, U15, U18, Skating, Edge Control, Passing