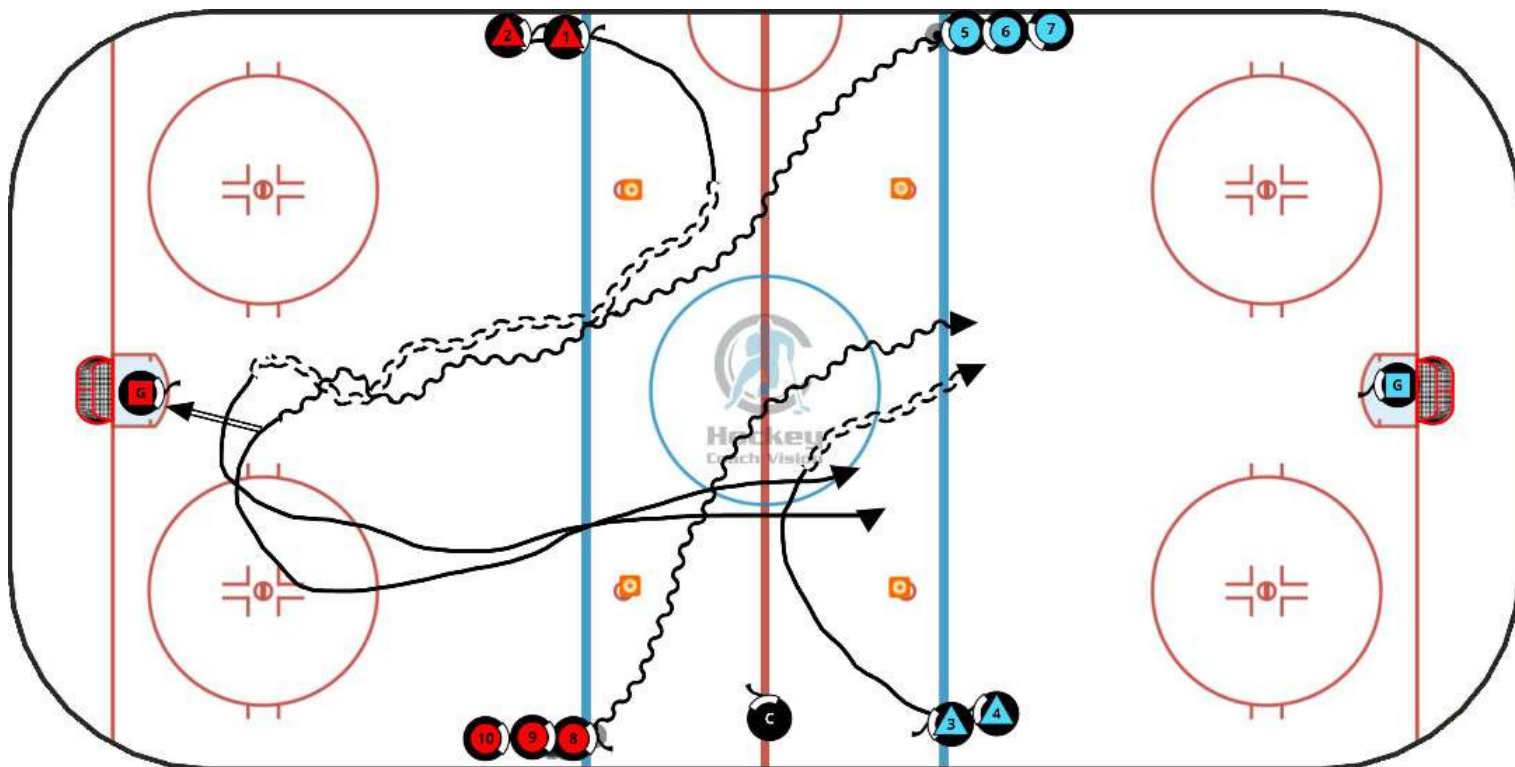


WASHY'S 1@1, 2@2 QUICK TRANSITION



DESCRIPTION

Quick transition 1 on 1 and 2 on 2

SETUP

After the 1@1, the next two players jump the other way on the whistle. D1 jumps up to create a 2@1 as D5 backchecks.

Play each 2@2 situation to the whistle

TIPS FROM THE COACH

- o Quick transition both ways
- o Communication...Get loud!

ASSOCIATED WITH

U11, U13, U15, U18, Skating, Systems, Passing