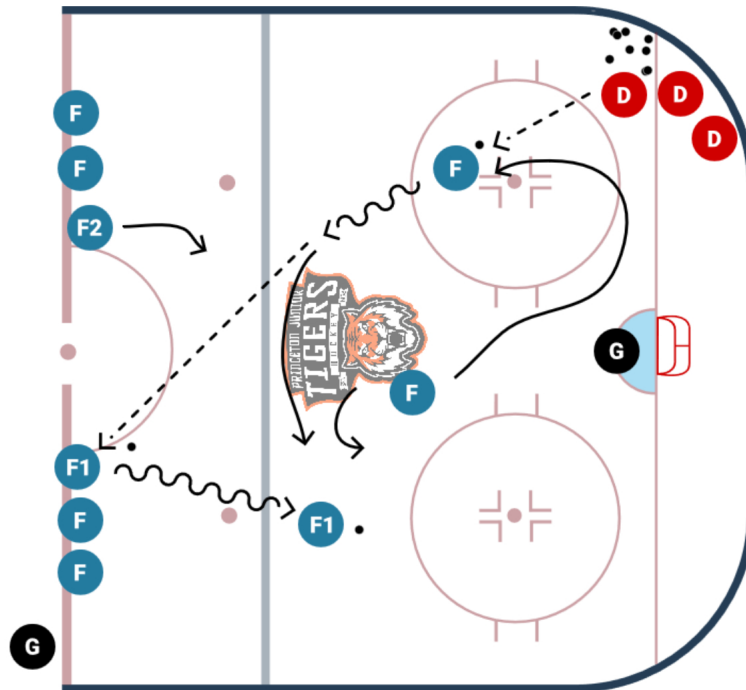




CONTINUOUS 2 VS. 1 WITH BACKCHECKER

Time:

Station:



D in corners with puck.

F in high slot curls and takes pass from D.

F receives pass and skates towards center ice. F can choose to pass to and active a F from either line.

In this example, F1 receives the pass and becomes an attacker. The passer and F1 now work together to score.

At the same time, F2 becomes a back checker. F2 and D work together to defend against the other team.

On coaches whistle, everyone BUT the back checker goes back in line and the back checker becomes the new breakout forward.

D passes the puck to the break out forward and the drill continues.