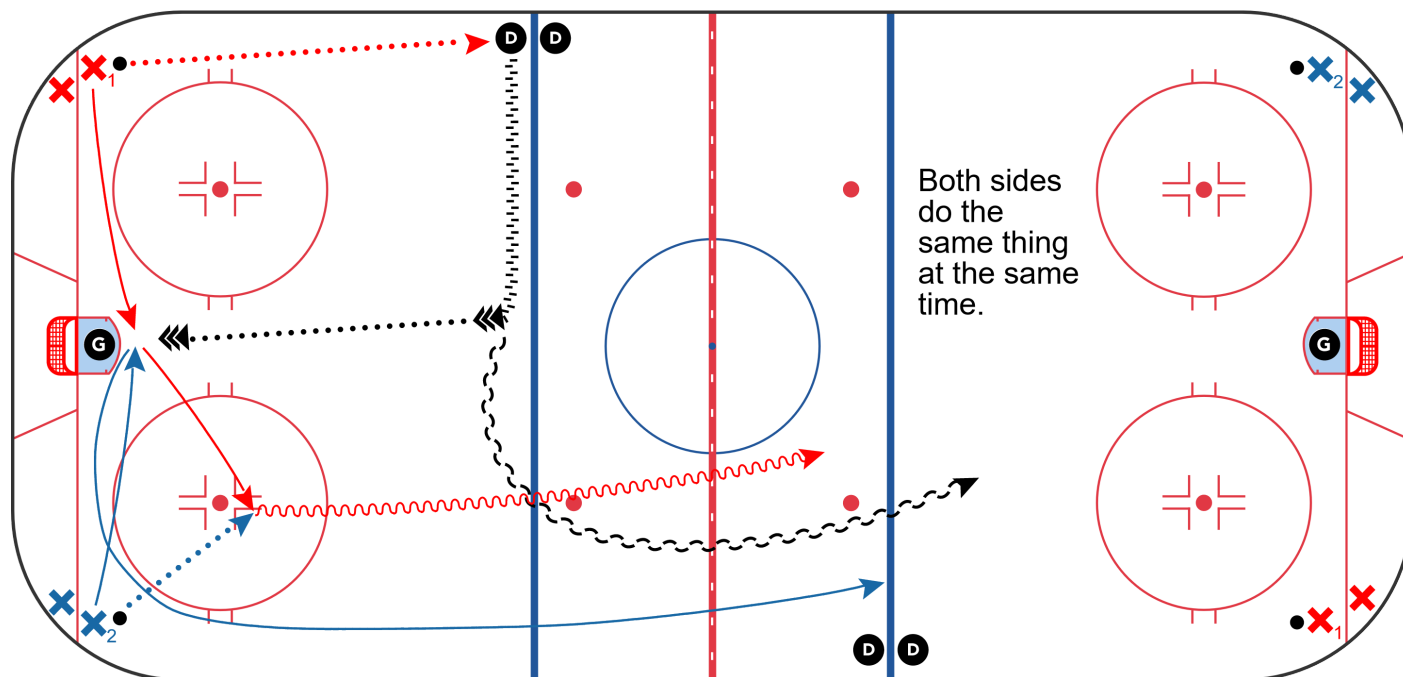


Example

Duration: 10 mins

2v1 Tip Drill

10 mins



Description

- X1 passes to D.
- X1 and X2 get to the front of the net for a screen, tip or deflection.
- D walks the blue line to the middle and takes a hard low shot.
- After the shot and rebound, the X's get a pass from the X2 line and go down the ice for a 2v1 against the D.
- Both ends go at the same time.
- Be sure to stay on your side of the neutral zone.

MINNESOTA DRILL OF THE WEEK

Created by: Calli Weiss, 10th season as a coach and 5th season as the head coach for Marshall High School's Girls team.

Key Points

- Forwards: Get in front of the goalie and stick low for a tip.
- Defense: Try to walk the puck to the middle and get a good shot off.