



Description

Both sides at once.

On the whistle X1 and X2 leave at the same time.

X1 attempts to take puck to the net. X2 angles through NZ with good stick.

No cutting inside or cutting back until after blue line.

Can allow cut backs when everyone's gone a few times to allow the offensive players to work more on attacking heels and challenge the defenders angle

After X1 gets a shot or is checked X1 regroups to get a pass from X3.

X2 must go around tire, gap up, and angle a second time.

 $Can play \, second \, 1 \, on \, 1 \, out \, longer.$

Key Points

- Angler must have good stick detail
 - Stick on the ice taking away middle
 - Work for stick on puck when in tight
- Defensive player should skate forward the whole time
- Surfing/Toe pushes
- Must work for gap on the second angle (Gap Up)
- Offensive player play with heads up and speed
 - Protect puck and take puck to the net
 - Work to attack heels when available