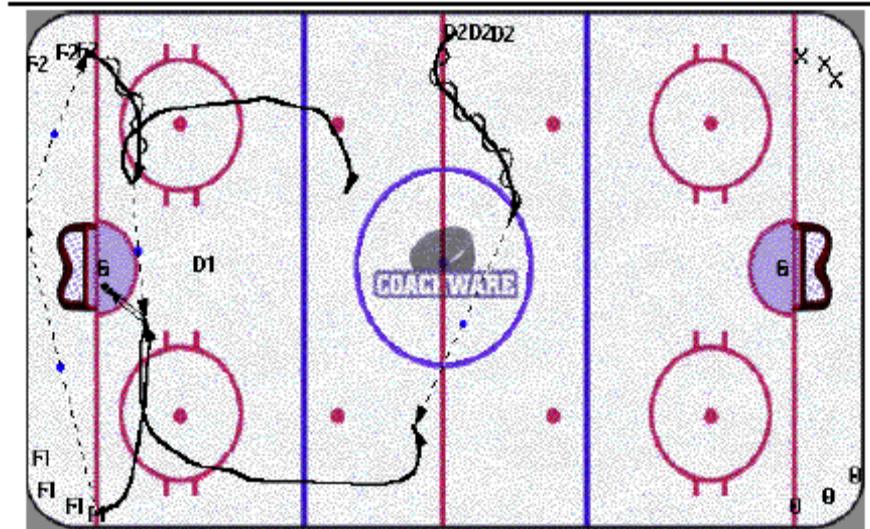


2 vs. 1 Hi Lo



Description

A low 2 vs. 1 followed by a neutral zone regroup and second 2 vs 1 attack.

Key Teaching Points

- F1 starts drill with a pass to F2 and they attack lo 2 vs. 1.
- On whistle D2 jumps out to regroup F1 and F2 for second 2 vs. 1.
- D2 then jumps to front of net to start his 2 vs. 1 Hi Lo

Key Execution Points

- D joining rush
- Regroups