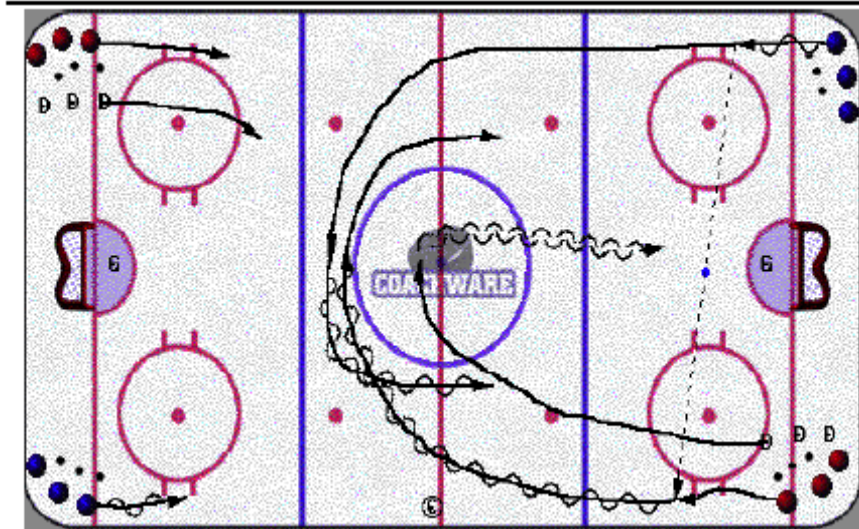


## Michigan 2-1



### Description

Players position themselves with F's in all four corners with D split into 2 groups, one in each end. Play begins on whistle with 2 F's from one end skating up ice with puck, passing / drop passing it to one another as they circle around the far side of center ice face-off circle. The D on the same side skates up ice with them and at center pivots and skates backward so that it is a 2-1. When these players cross the center line the 3 players from the other side begin the same pattern. The 1st group continues towards the net until the C blows whistle whereupon the F who started in the left line stops and backchecks hard to pick up one of the opposing offensive F's going back the other way on the 2-1. Again on whistle, the offensive left side F breaks off the 2-1 and backchecks. Drill is continuous on whistle.

### Key Teaching Points

- Only on whistle does left side player break
- Backchecker must take inside lane on open player
- Backchecker must gain position ahead, not coasting once they are close

### Key Execution Points

- Tight turn
- Defensive positioning
- Communication