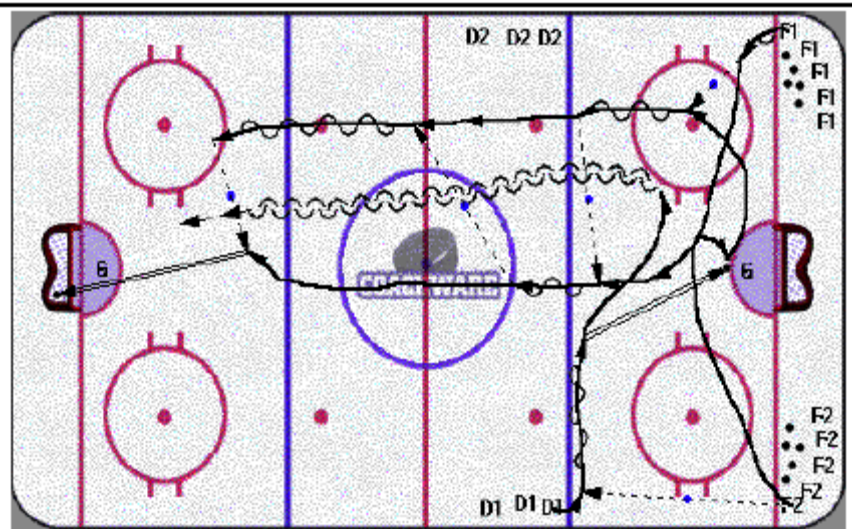


Tip Drill - Progress to 2 on 1



Description

F1 passes to D1 or D2 and then skates to slot and positions for a tip. D shoots puck on ice, the F1 moves into position to go up ice with F2 who is jumping into play from opposite corner. F1 gets pass from F2 and they both continue up ice 2 on 1 on D1. As soon as this group enters the neutral zone, the next group goes. This time the play starts on the opposition side (F2) and the puck is passed to the other D (either D1 or D2) who was not involved in the previous play. Have F's eventually make first pass across ice so that another angle of deflection / screening can be obtained.

Key Teaching Points

- D to move inside with first shot
- D shot on ice
- F to be in position for deflection
- 2 on 1 attack, change of pace

Key Execution Points

- Shot
- Body positioning for deflection
- D positioning on 2 on 1