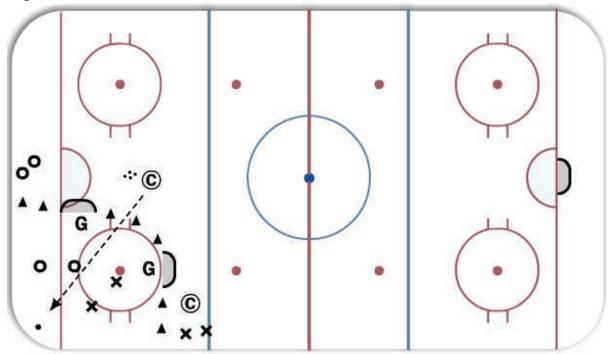
Tight Area 2 on 2



Description

One net is placed at the top of the face-off circle; the other net is placed on the outside of the circle just above the goal line. Teams start from boards as illustrated. Puck cannot cross border created by cones.

Players engage in a two on two game. Puck support is a key. Players must constantly move and position themselves to receive passes and create scoring opportunities.

Pucks will frequently leave the area of play. When this happens, coach will call new puck and send a puck in. Players will be forced to switch quickly between offense and defense .

Key Points: * create plays out of the corner., * release shots, quickly while under pressure

Notes

Why this drill

- * Competitive
- * Player Roles 1 2 3 4
- * Quick shots
- * Goaltending
- * Getting open
- * D-side positioning