66 WALSH'S 2-ON-1

PURPOSE

- To practice outnumbered situations leading to a goal-scoring opportunity

EQUIPMENT

None

TIME

4-5 minutes

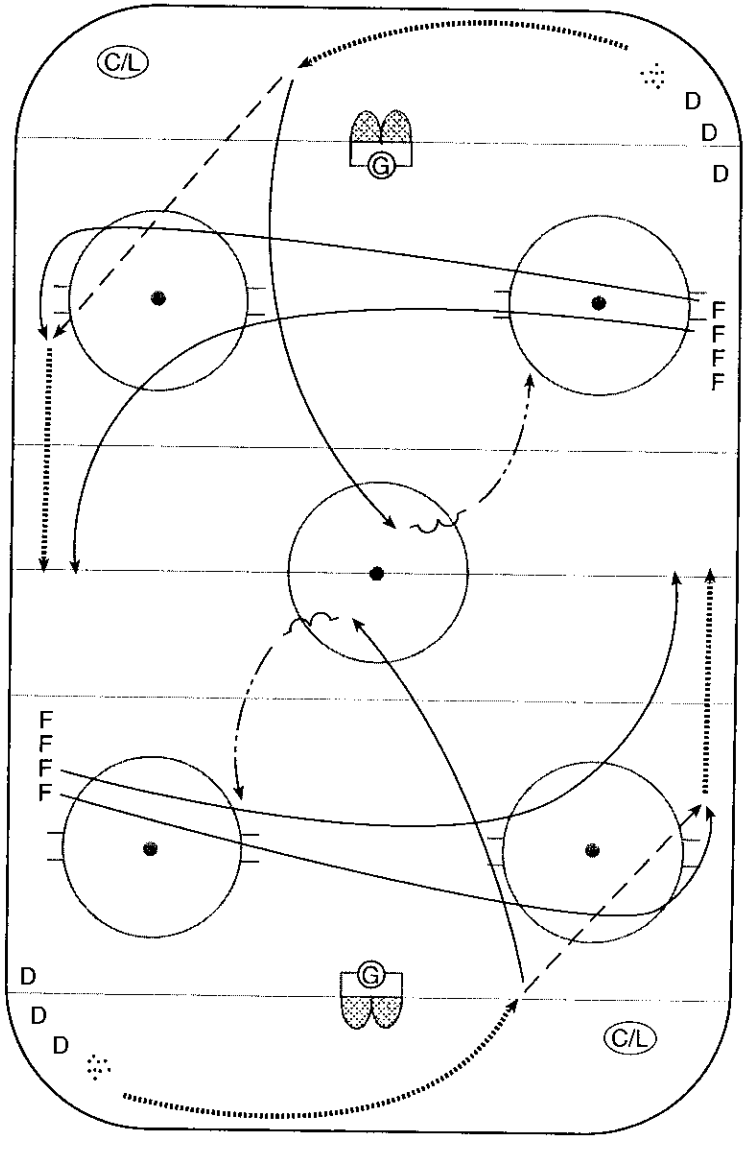
PROCEDURE — Full-Ice Drill

1. Forwards and defensemen are evenly divided in four groups, two each at opposite ends of the rink; defenders have pucks. Defensemen are situated along the goal line, and forwards are near the face-off circle hash marks in their respective groups.
2. Coach blows the whistle, and play begins out of both ends at once with a defenseman carrying a puck behind the net.
3. Simultaneously, two forwards cut across ice and begin to skate toward the opposite end after one has received a pass from the defenseman.
4. The defenseman must then skate quickly to the near blue line, pivot, and skate backward to defend against the two forwards who are coming from the opposite end of the rink, completing a 2-on-1 sequence.

KEY POINTS

- Forwards should be moving at top speed to try to catch the defenseman at a disadvantage and finish the play with a good scoring chance.
- Attacking players should attempt to determine the best chance to beat the defenseman based on the defender's alignment and positioning.

DRILL PROGRESSIONS

- Another whistle would signify a regroup in which the defenseman would have to skate up ice and handle the other pair of forwards in a 2-on-1.
- Add a second puck by the side of the net, which forwards attempt

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