

Drill Name: 2 ON 1

Stage of Activity	Train to Train, Train to Compete
Skills	Ball Handling, Passing, Catching, Shooting, Positioning
Equipment	Balls, One Stick per Player, Goaltender, Net
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Two lines of left handers (A) and right handers (B) on the proper side of the floor. • A third line of defenders (C) off to the side in the defensive zone. • The ball is passed between players looking to beat the defender and have a quality shot on net. <p><u>Purpose</u> – Goaltender practices stopping the ball and communicating with the defenders.</p>
Modifications	<ul style="list-style-type: none"> • Start the drill further back from centre • Add another offensive player and defensive player to make it a 3 on 2 situation drill. <p><i>The goaltender must communicate to the defender of which offensive player the goaltender prefers to shoot the ball.</i></p>

