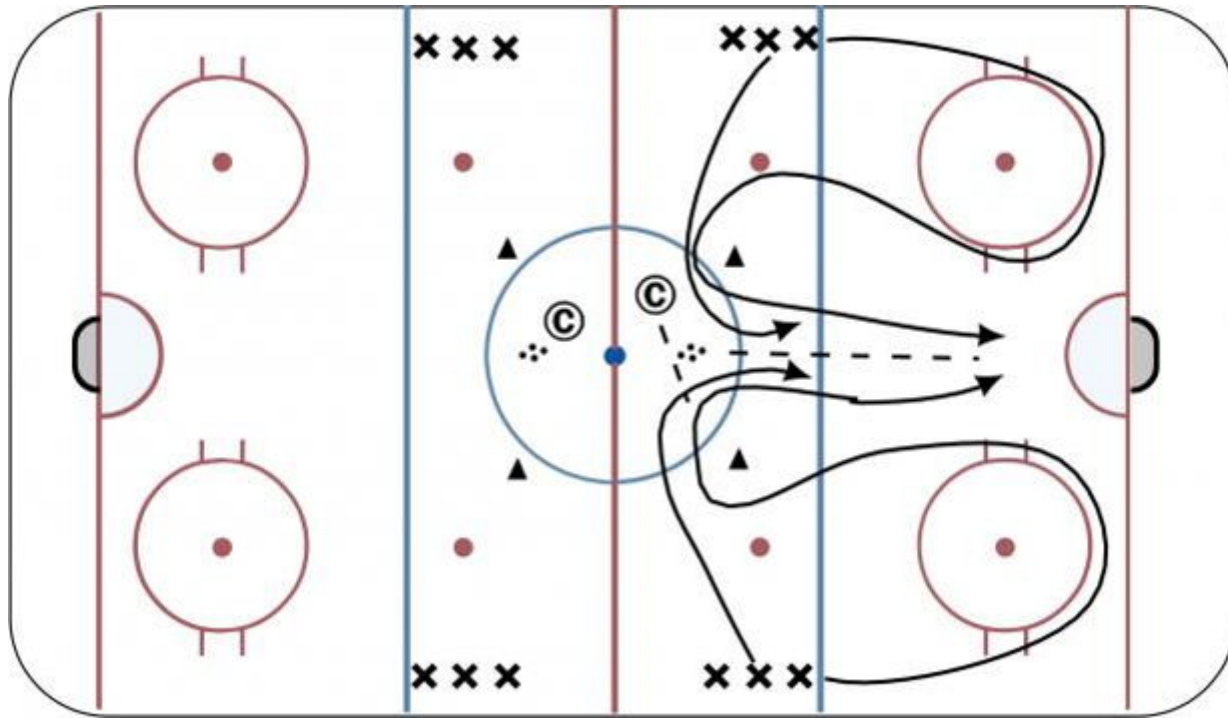


Cross Over Race into a 2vs2



Description

Players line up on all 4 blue lines (lines in the neutral zone)

X1 from each line leaves on the whistle, skates down the boards, crosses over around the bottom of the circle and glides up and around the cone and race for the puck vs opposite X1

X2's from opposite lines are teammates, leave on the 2nd whistle receive pass from coach at centre and play a 2vs2 against X1's

Could have X1's skate backwards and perform backward crossovers around circle or transition from backward to forward at bottom of circle, pivot at blue line and glide at top cone for race