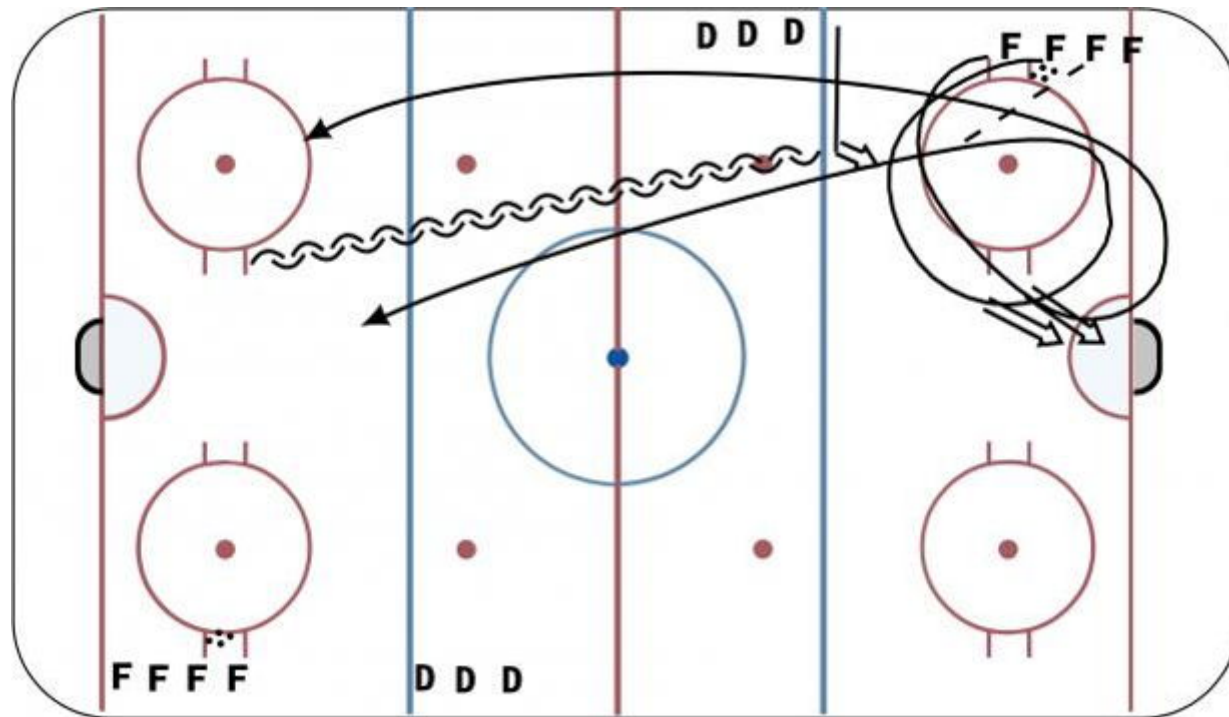


Basic 2-1 Drill



Description

F line up on opposite hash marks, D on opposite blue lines.
F1 leaves with puck on 1st whistle, skates around circle and shoots on net, F2 does the same on 2nd whistle
On 3rd whistle D receives pass from F3, walks blue line to middle and shoots for tip in front
F1 and F2 skate towards their line and receive pass from F3 for a 2-1 down the ice vs D on blue
** Could add F3 as back checker once they make their pass **