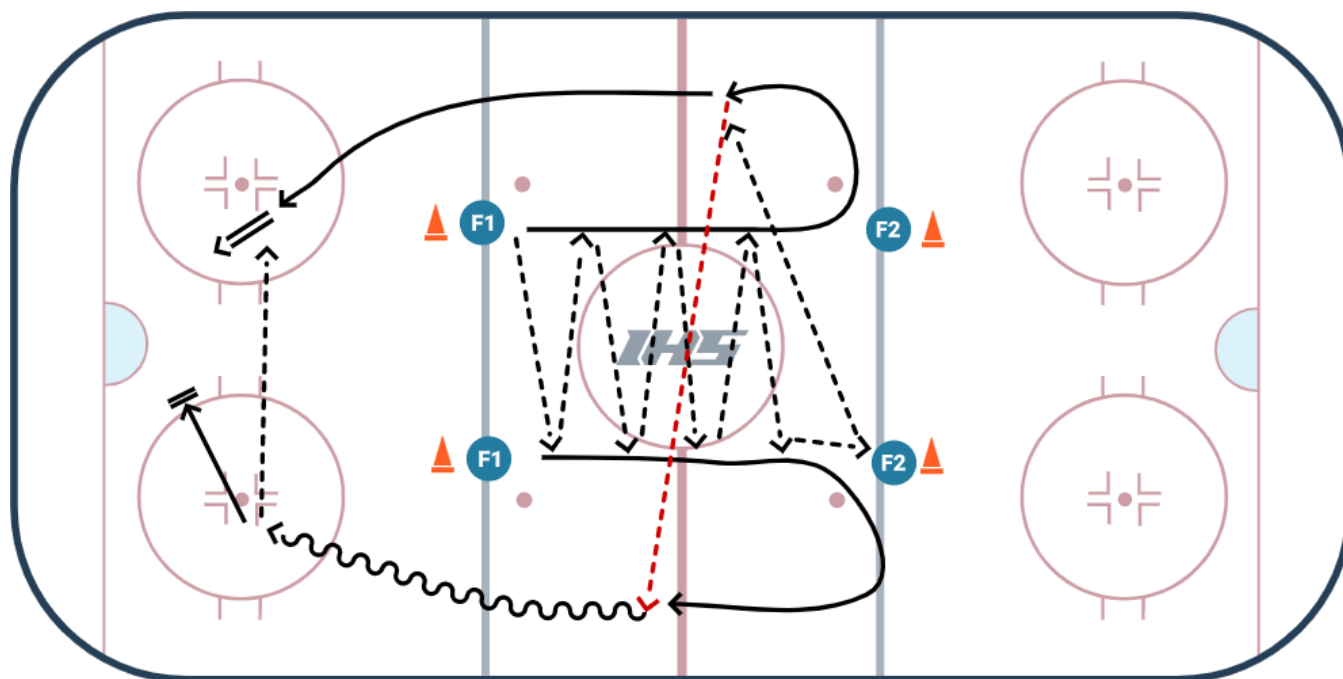


2 on 0 Attacking U14 -U19



Description

- set up 4 locations behind cones at the blue lines about 2 stick lengths apart
- F1's go together / F2's same
- NOT ABOUT SPEED, EPHASISE CONTROL
- one touch passing through the neutral zone (6-7 passes)
- F1 passes to F2 side about 2 stick lengths away then curls towards the boards
- F2 then passes to opposite side F1 player
- F1 player then quickly makes a long cross floor pass to the other F1 players
- both players attack the net for a 2 on 0 shot
- 4-5 reps each