

C1-C3 1-1, 2-1-b

Key Points:

Quick feet for both the F and D

Description:

Full ice 1-1 and 2-1

1a. D get a pass from the circle.

1b. F get a pass from the boards and shoot then rebound.

2. D skate backward inside blue and pivot. F skate at D.

3. D pass to F and F attack 1-1 vs D

4. Do on both sides.

5. You can also do a 2-1.

