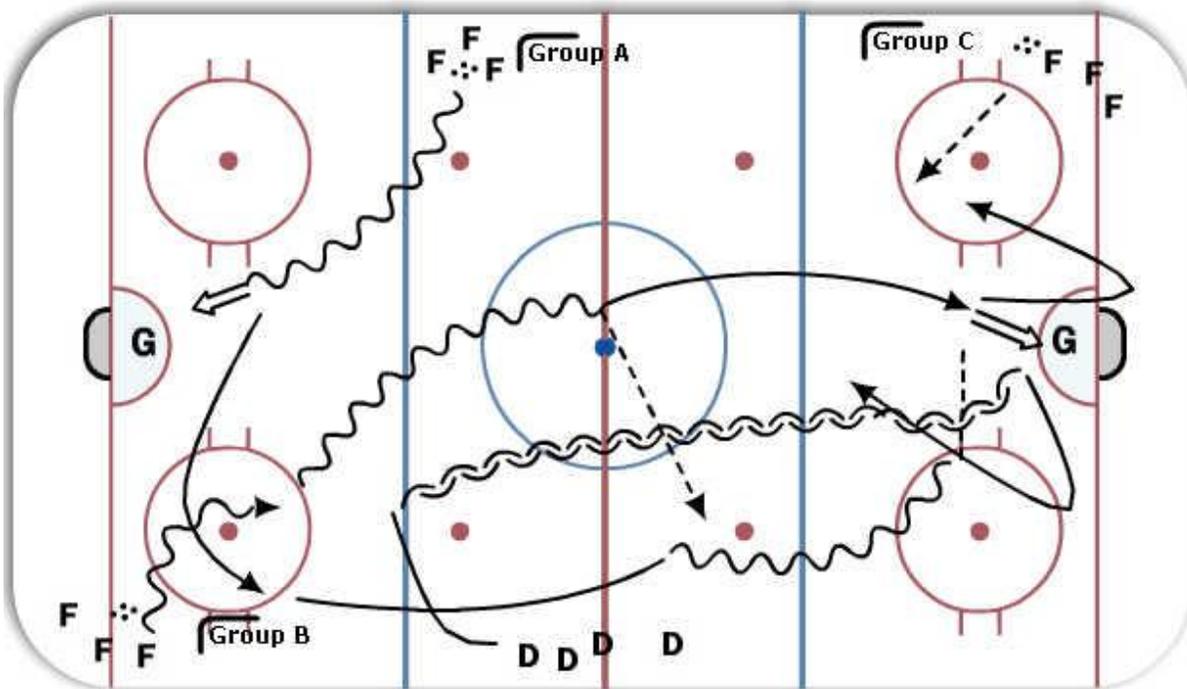


## 2 on 1 then 3 on 1 w/backchecker



### Description

Three groups of forwards, two in opposite corners, another group of F's on the blue line all with pucks. D are on the Red line.

Group A starts the drill with a shot on the nearest goal, then he/she swings low and goes on a two on 1 with the first player in group B, one D from the redline plays them with a tight gap.

After the 2 on 1 the first forward from group C passes to the 2 Forwards and now the 3 F's go back the other way as a 3 on 1 against a new D. The original D is now the backchecker.

After the 3 on 1 with the D backchecking, the F from group C goes on a 1 on 0 on his/her way back to their line.

**Key Points:** D plays the pass, speed through the middle, passing,