

## E1 Speed Scoring 2-1 to 2-2 – College M

### Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

### Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<https://youtu.be/qfdf9CFx0Ng>

