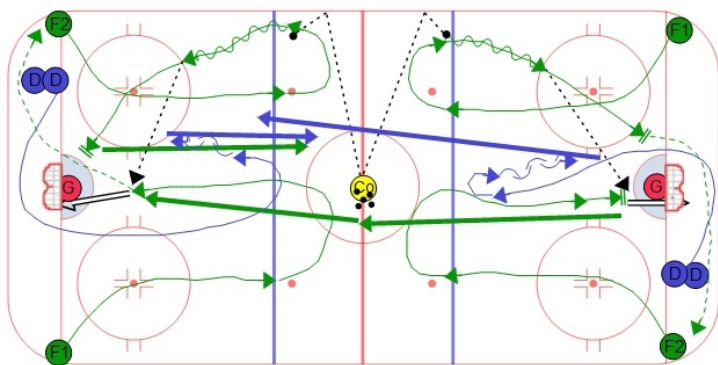


Continuous 2 on 1 with Backchecker



Notes / Coaching Points



Description

This is a continuous [2 on 1](#) with a backchecker. It is optional to include the defense in the offensive rush to create a 3 on 2 situation. The pucks are with the coach at center ice. On the whistle F1 and F2 sprint out of the zone inline with the dots. The coach signals which way to transition and the forwards react to the coach. The strong side forward opens up and the weak side forward supports. At the same time, D1 skates around the net and re-takes as much ice as possible to play the 2 on 1. After the initial rush at the net, the coach blows the whistle and the players do the same thing from the other side. On the same whistle, F2 backchecks against the players starting from the other side. They need to communicate with the D if they can pick up the weak side. If you are including the defense, then D1 also skates to the other end and looks to become a trailor to make it a 3 on 2. The drill continues back and forth on the whistle. The player that comes from the F2 line is always the backchecker. F1 should go to the F2 line after the whistle.