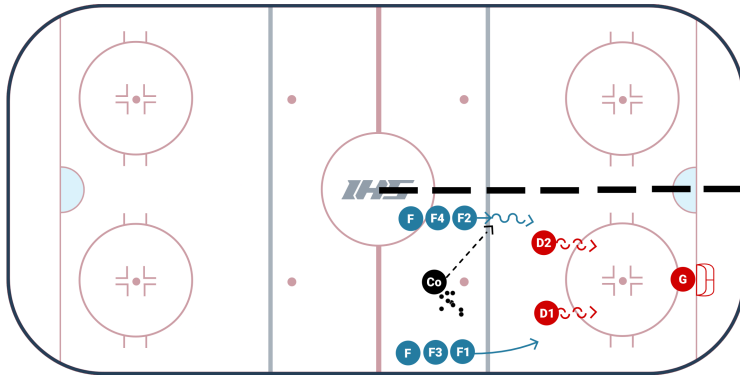


# Offense to Defense 2 on 2



Notes / Coaching Points

Description



This 2 on 2 drill is typically used for station or ADM based practices and played in a smaller area. The animation and diagram show this being run using a quarter of the ice. It can also be run using half ice and is more suited for older players when you can use half ice.

## Setup

- Start the drill with two players on defense facing the two opposing offensive players.
- The coach starts the drill by giving a pass to one of the offensive players. The two offensive players will attack the defenders and play 2 on 2 below the blue line.
- If the offensive players score then the coach plays a new puck into the zone and the play continues.
- The defenders must get possession of the puck and make a tape to tape pass to one of the next offensive players in line. Once they do that they go to the back of the line.
- The players that were on offense now become the defenders and they play 2 on 2 against the two new offensive players until they can make a tape to tape pass to the next two players. If the defenders do not make a good tape to tape pass to the next players in line then the coach plays a new puck into the zone and they must keep playing. This prevents them from just throwing the puck out of the zone.
- Keep score! Forwards get 2 points for a goal and defense gets 1 point for clearing the puck. This game is continuous.

## Coaching Points

- The defense will be tired since they will be "double shifting." Encourage good positioning and stick on the ice.
- Forwards should try to isolate one defender and create a 2 on 1 instead of attacking the 2 on 2.
- Defenders should be aware of player without the puck and communicate to which player they have.
- Defenders need to control puck even if they have to pass to each other before making pass to next set of forwards.
- Both teams should not be afraid to hold on to the puck, and protect it until they are able to make a play.
- Both teams should work on verbal & non-verbal communication with their partner.
- Compete to score points for your team! Celebrate points!

## Variations:

- Can be set up on 1/4 ice ([view animation here](#)).

- Can be 1v1 ([view example](#)), 2v2, 3v3 ([view example](#)), or 4v4.

- Can add "gates" ([like Picket Fences 2v2](#)) at the point that the defenders must skate through before they make a pass to the next players in line.



Notes / Coaching Points

Description