

Why to support 2-0 combinations?

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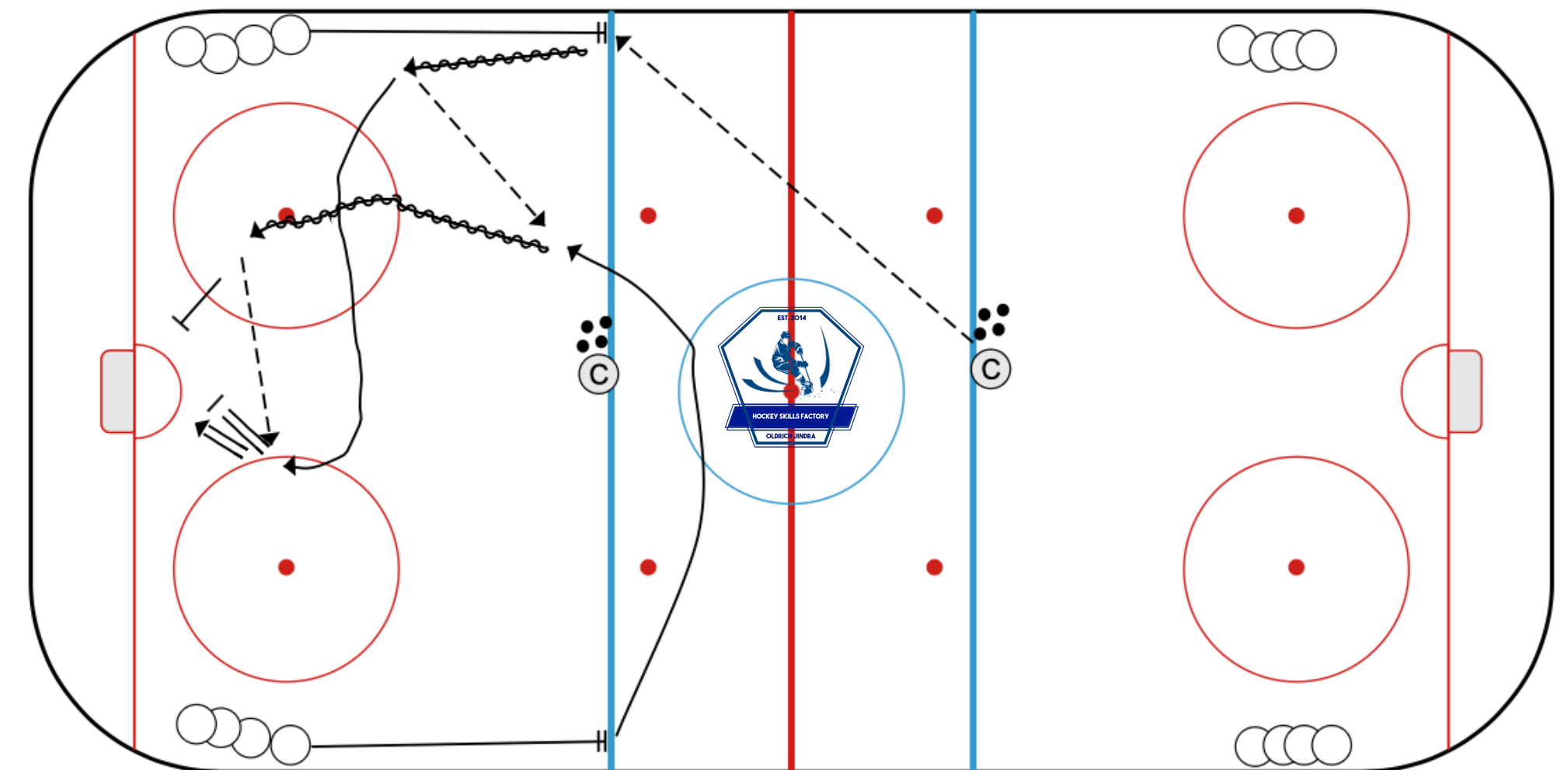
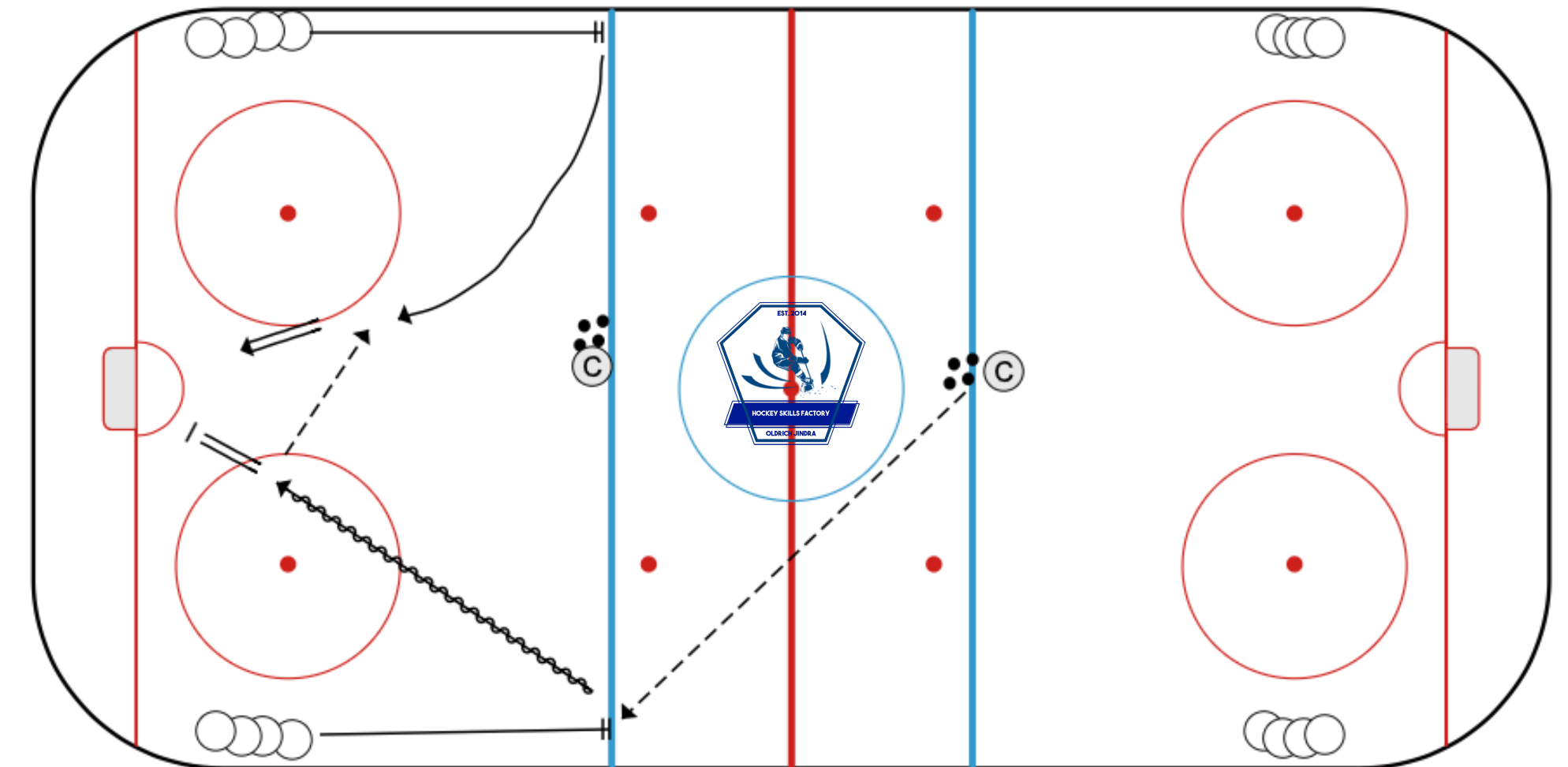


Philosophy

- is so important to challenge quality, but also speed and quick decisions
- no opponent means no stress. But challenge the players just with standing coaches, trainings aid...
- teach them to drive the net, let them score the goals, taking decisions
- heads up / crossing / drop-passing...so many key-points...

Philosophy of this two drills

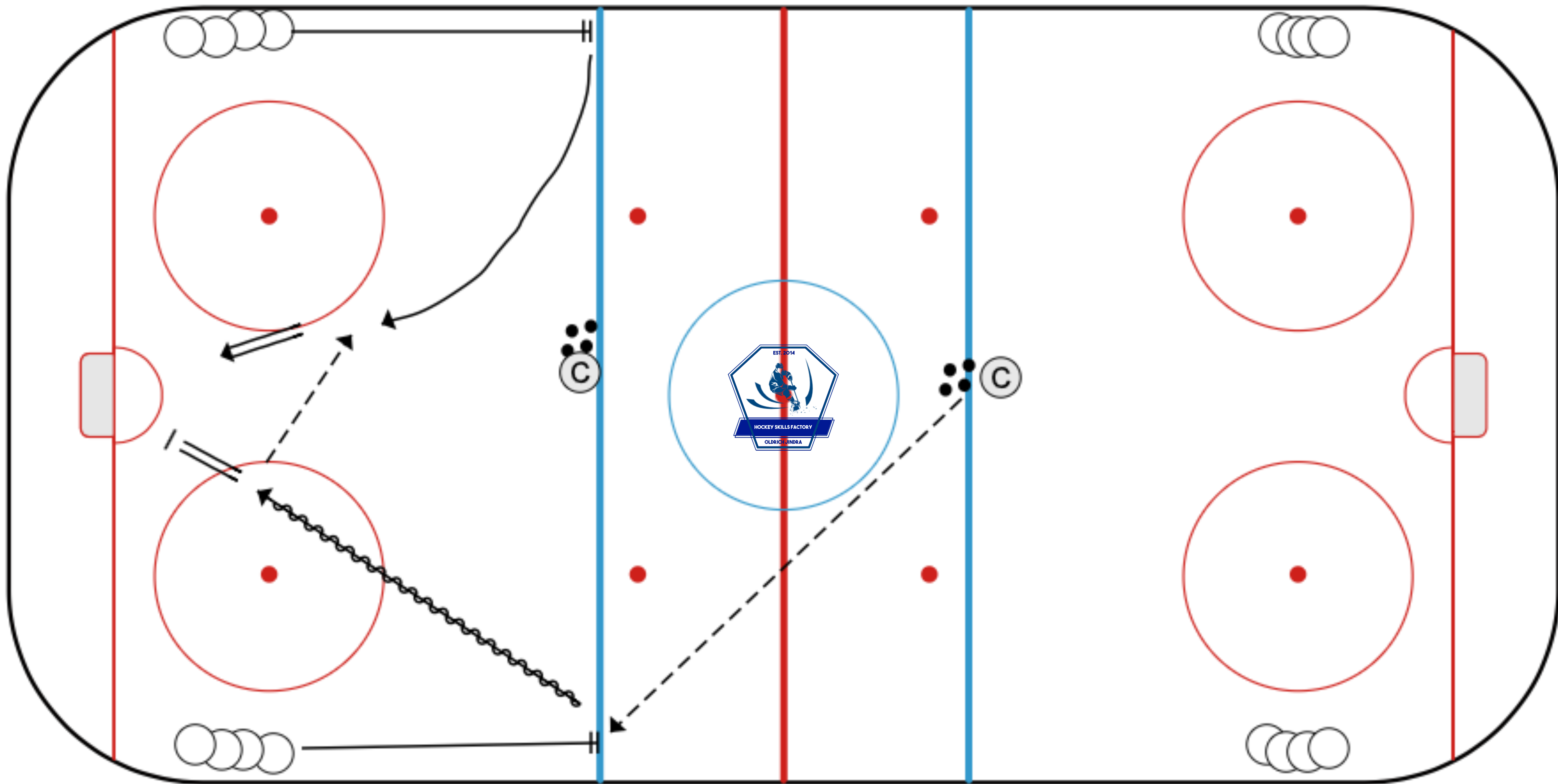
- simple drills
- pass from coaches (integrate the ass.coach into the process)
- start and stop - this is ice hockey about
- in the second drill decision modality: coach takes choice where is his pass going to, the second player has to read/react



Drill 1

- from all four groups start one player
- stop on the blue line, pass from the coach!
- netdrive/rebound/play to goal
- depends on the number of the players you may run this drill from both sides or just one side





Drill 2

- from all four groups start one player
- stop on the blue line, pass from the coach!
- netdrive/rebound/play to goal
- coach does choose a side where he does play to (he finds a player)
- the player that didn't receive a pass read/ reacts, skates behind the coach. Drop-pass or skate to the net

