

Title : 1 on 1 Swedish Overspeed

Category #1 :

1 on 1, 2 on 1, 3 on 2

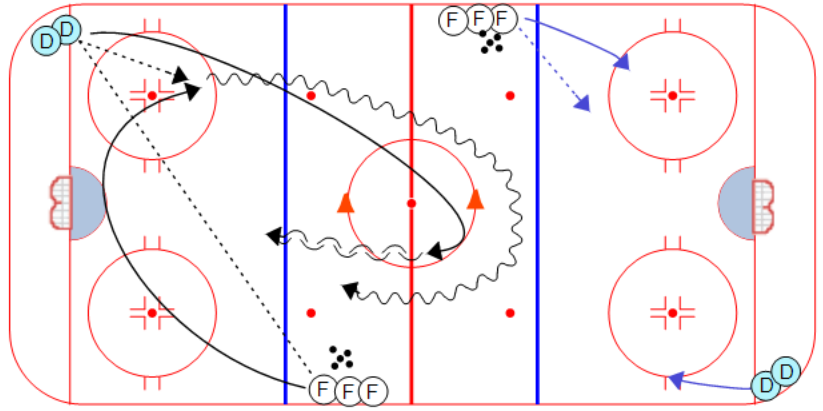
Category #2 :

Transition

**Description**

\*\*Drill starts on the whistle. Both ends at the same time.

1. On the whistle, the F makes a pass to the D.
2. The F skates across the ice and receives a return pass.
3. The D follows up the ice.
4. The F skates around the centre ice circle and goes 1 on 1 with the D.



Key points :

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1 on 1, 2 on 1, 3 on 2

Category #2 :

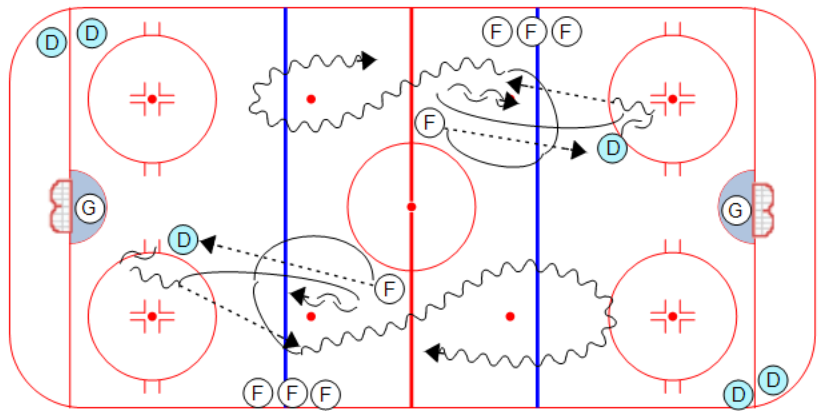
Transition

**Description**

Option:

Double re-group:

1. After the F skates around the centre ice circle, the F makes a pass to the D, and turns to the boards.
2. The D makes a board pass and closes the gap in the neutral zone.
3. The F turns back for a 1 on 1.



Key points :