

Title : Kosty Lateral D 2 on 0

Content elements: \_\_\_\_\_

Components : \_\_\_\_\_

### Description

Drill runs from both sides at the same time.

F1 passes to D at center ice

D skates backward and lateral along the blue line

F1 mirrors the D

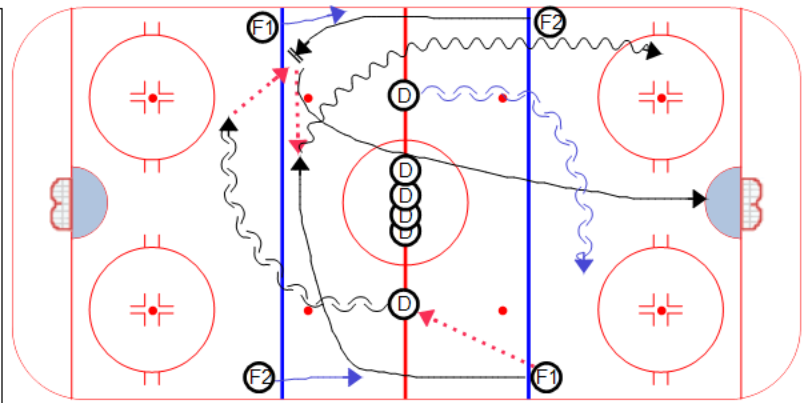
F2 skates down to a support position and receives a pass from the D

F2 passes quickly to F1 and they attack the far end 2 on 0

F1 should work the outside lane while F2 goes hard to the net.

D go back in line after the pass.

Variation: you can make this a 2x1 by having the D play against F1 & F2



### Key Points :

Lateral Movement

Hard Passes

Exchange Lanes

Attack Net