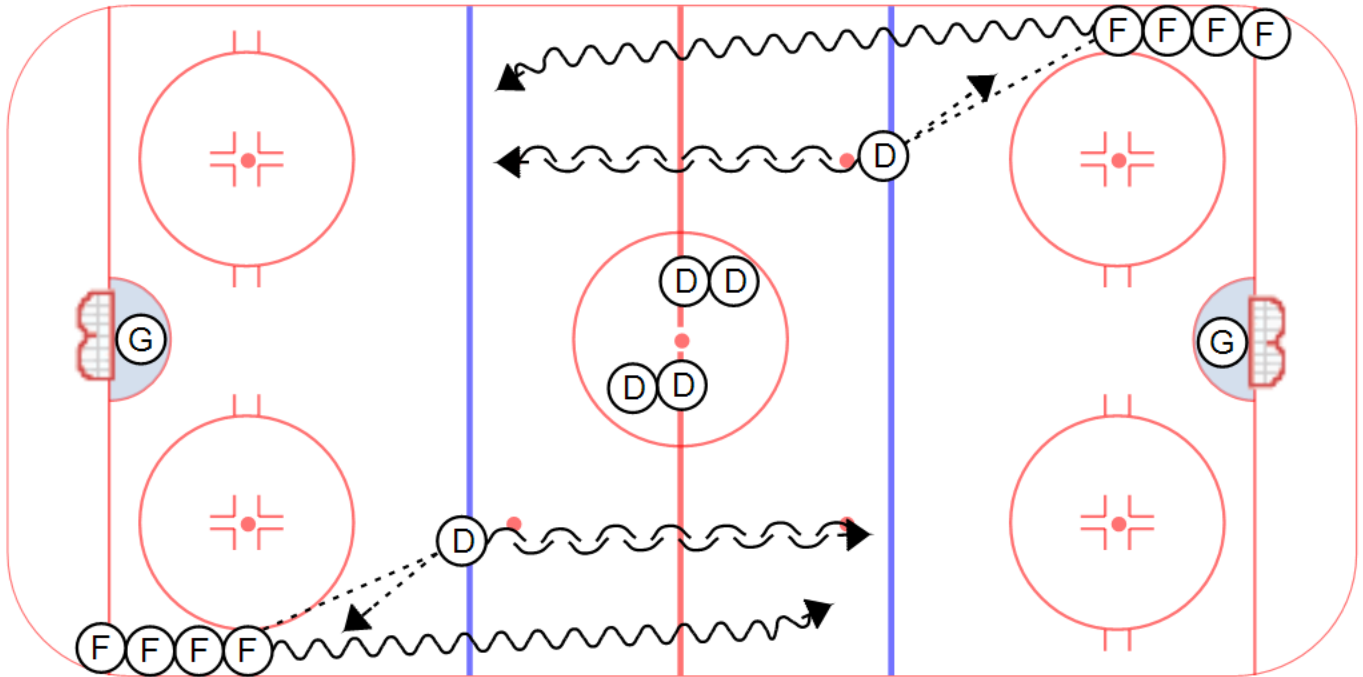


Category #1 : COACHES MANUAL

Title : OFFENSIVE 1 ON 1

Category #2 : 1 ON 1

Content elements : _____ Components: _____



Key points :

Description

- Forwards in either ends start with the puck and make a give and go with the defenseman down the ice as the defenseman backpedals into a 1 on 1.
- Clear the net quickly as this is a fast paced drill where the next line goes as soon as the forward hits the far blueline.