

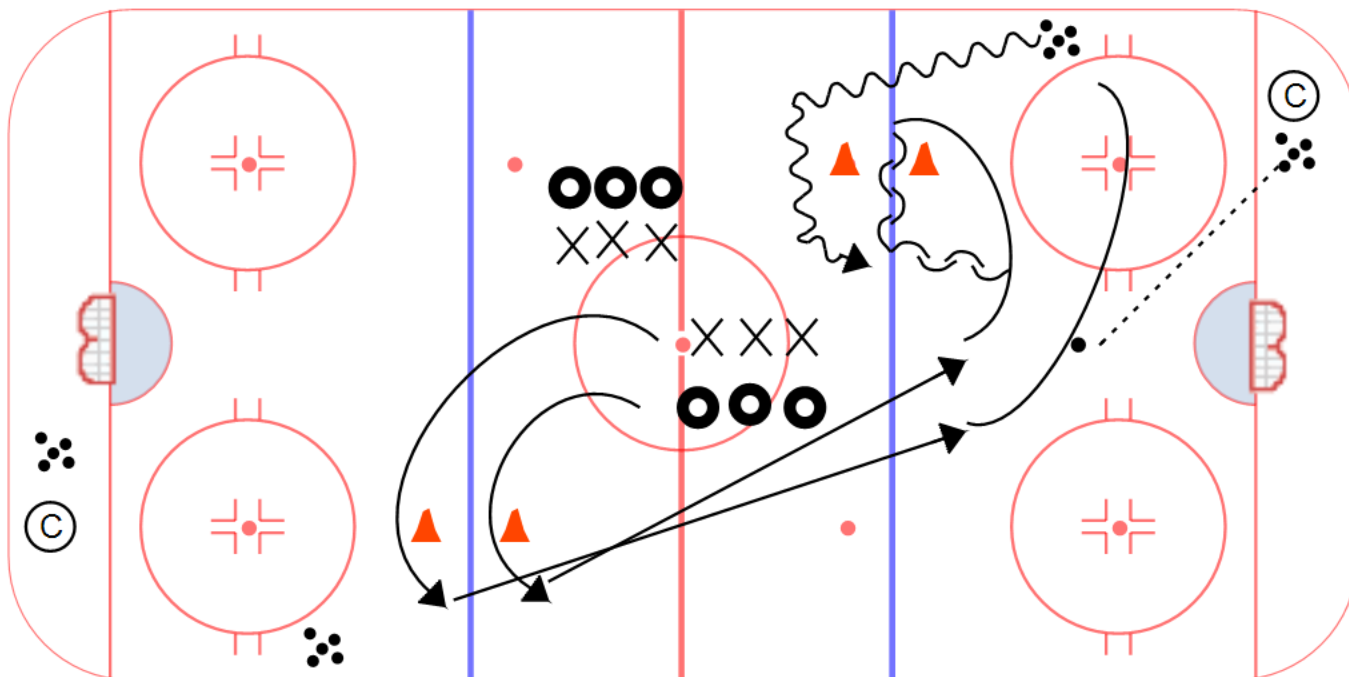
Category #1 : COACHES MANUAL

Title : CHECKING 1 VS 1

Category #2 : CHECKING

Content elements :

Components:



Key points :

CREATE INSIDE POSITION

CREATE SPEED

MAKE A MOVE

CREATE SCORING CHANCE

Description

- Players start on whistle on both sides.
- Outside line X is offense, inside line O is defense.
- Players battle to net and coach tries to pass to offensive player for shot #1.
- After shot player grabs puck off side boards and both players take their respective cones and play 1 on 1 until a whistle is blown starting the next drill.