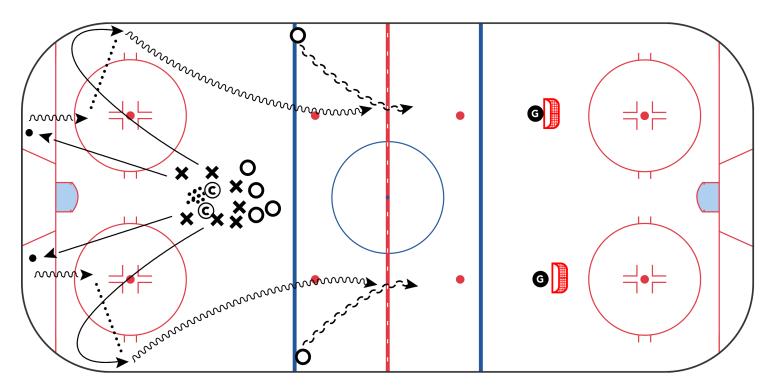
1v1 High Net



Description

All Players and Coaches are lined up in the middle of the ice at the top of the circles, pucks are with the coaches. Both sides start and operate at the same time.

To start the drill the coaches dump a puck in for the first player in each line to retrieve (work on deceptive skills and position before possession), this player picks up the puck and moves it to the second player running breakout routes (can be deliberate or random). The player who received the "breakout pass" is now the offensive player. The offensive player should be encouraged to get off of the wall and attack down the dot lane. The player playing as the "defenceman" has to read the offensive player's skating route and adjust their skating while they take the offensive player down the ice on a 1v1.

The goal of the defensive player is to stop the offensive player from gaining the blue line and ending the play in the Neutral Zone. Defensive players need to be reminded that they cannot keep backing in or they will run into the goalie and net, they should be encouraged to keep good gaps (horizontal and vertical) to assist with ending the play as soon as possible. The offensive player is trying to score on the net at the top of the opposite circles. The rule for the offensive player is that they can not shoot the puck on the net until they are past the blue line.

On the coach's whistle, the two active 1v1s end and the players will skate back to their line in the MIDDLE of the ice as the next group of players will have started a new set of 1v1s. Coaches will need to remind the players that once the 1v1s have entered the Neutral Zone to be set and ready as the drill will start on the next whistle.

The drill can be run with all players playing offence and defence or can be used with position-specific roles, recommendation is that all players play in each role to encourage understanding of all playing positions and to increase repetitions.

Key Points

Defensive Player

- Match Skating speed
- Control Horizontal and Vertical Gaps
- Utilize the technical Checking Skills to end play early

Offensive Player

- Get off the wall with the puck to create space
- Change speed and direction to gain an offensive advantage
- Utilize deception