

Title : Michigan Tech 1 on 1

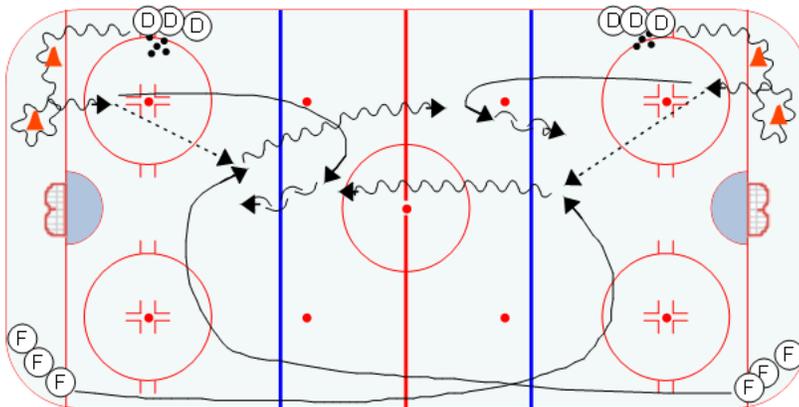
Category #1 : 1 on 1, 2 on 1, 3 on 2

Category #2 : Flow

Description

1. on whistle, (D) and (F) leave from each side of the ice (4 players at the same time).
2. (D) do a figure 8 around the cones, then make a breakout pass to the (F) swinging through
3. After making the pass, (D) closes gap on the (F) from the opposite line to play him 1 on 1
4. If coach blows the whistle twice, the (F)'s change direction and play the 1 on 1 with the other (D)
5. Coach can blow the whistle multiple times during the same turn. (D) must continue to close the gap with each switch.

More Drills and Skills at www.weisstechhockey.com/blog



Key points :

passing

gap control

transitions

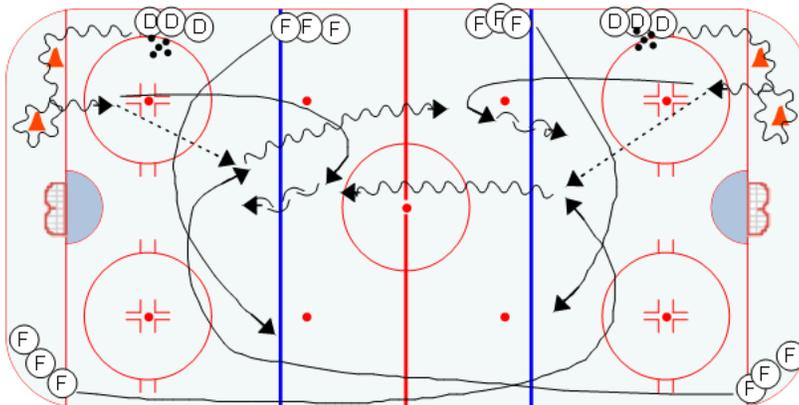
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Adding the 2 on 1



Key points :