

Title : Michigan Tech 1 on 1

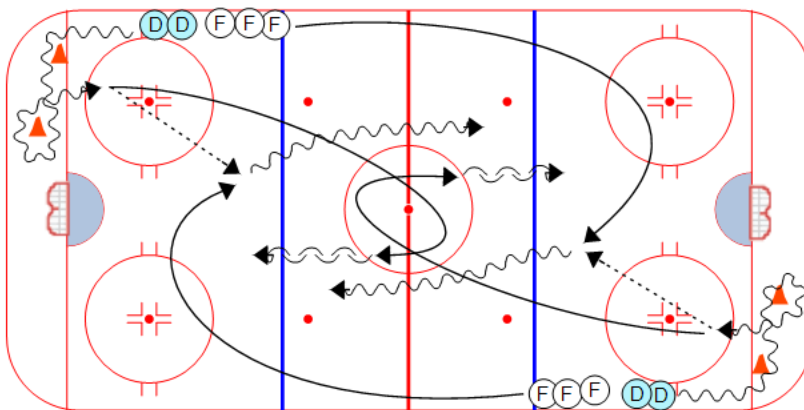
Category #1 : 1 on 1, 2 on 1, 3 on 2

Category #2 : Flow

Description

1. On whistle, 2 forwards and 2 defensemen leave
2. Defensemen do a figure 8 around the cones, then make a breakout pass to the forward swinging through from the far end
3. After making the pass, defensemen close the gap on the forward who left from their same side
4. If coach blows the whistle twice, the forwards change direction and play the 1 on 1 with the other defensemen
5. Coach can blow the whistle multiple times during the same turn. Defensemen must continue to close the gap with each switch.

More Drills and Skills at www.weisstechhockey.com/



Key points :

passing

gap control

transitions

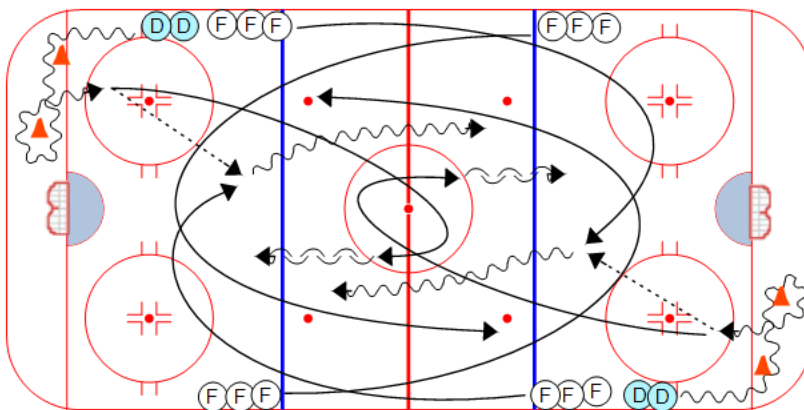
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Category #1 : 1 on 1, 2 on 1, 3 on 2

Category #2 : Flow

Description

Adding the 2 on 1



Key points :

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