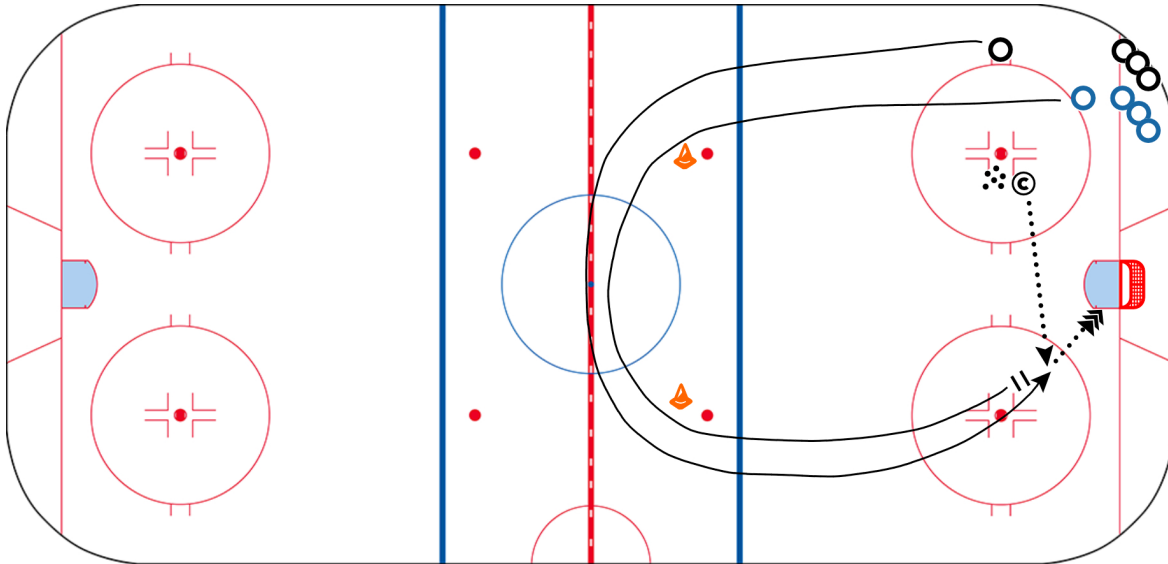




1 on 1 Big Arc Backchecking

Drill Name : 1 on 1 Big Arc Backchecking from <https://weisstechhockey.com>



Description :

1. Players line up as shown, offensive player starts slightly in front of the backchecker
2. On the whistle, both players skate the arc, looping around both cones
3. Offensive player tries to gain positioning and open up to receive a pass from the coach
4. Defensive player tries to keep the other player from receiving the pass

Variation: Send two offensive and two defensive players together