

One on One Skills Practice Activities Part One and Two

Yesterday we had a very good session with the theme of offensive 1-1's in our skills class.

10 minutes:

Individual time to work on skills. I brought them in to show them a move a Calgarian, Jared Aulin did in a game in Europe <http://www.youtube.com/watch?v=RxU3Z4Tc2Q8> (the highlight video and the move is about a minute in) He shoots left and put the puck back into his feet and did a soccer kick pass behind his left foot with the inside of his right skate over to a player on his left. It isn't that hard to do but I have never seen it before. I showed the players and they tried it with a partner. I then sent them to try to invent their own signature move. They did this for a few minutes and then played keepaway with a partner.

Placed 2 nets on each goal line, so the ice was divided into two lengthwise halves.

10 minutes – B202 1-1 drill

20 players in 2 colours. 5 black and 5 green lines up against the boards in the neutral zone on each side. Each group did 1-1's at the same time on their half of the ice.

- offensive player leave from the red line and skate back to the blue line then turn back and attack the defender who skated back to the other blue line then up to close the gap then back to defend the 1-1 attack. As soon as they cross the blue line repeat in the other direction.

This is a very efficient formation to get a lot of 1-1 reps. No whistles as the players leave when they see the group ahead cross the blue line.

10 min

D400 1-1 Game of Quick Transition

I instructed the players to break into 4 groups with no less than 4 and no more than 6 and half of each colour. The extra players wait at the blue line for a breakout pass and the sequence is. Black attack 1-1 vs green. After a goal or transition the green pass to the green team mate at the front of the line at the blue line. The original black attacker must close the gap and defend 1-1 vs the new green. This is going on at all four games at once.

10 min.

D400 1-1 Game where the Defender must gain the blue line before passing.

The line up moved back behind the Red Line and now the defender has to carry the puck out over the blue line before passing to a team mate at the start of the line. This adds more 1-1 puck carrying and puck protection skill.

10 min.

DT600 1-1 Transition Game with Passive Offensive Support at the Point

The players line up against the boards at the red line. Greens on one side and Blacks on the other side. Now we combine 2 black and 2 green groups; so two full length games going on at once.

Rotation: the front of the line is the red line on the boards. Have a NHL faceoff and when the attacker crosses the blue line he is followed by a team mate at the point. They battle 1-1 and on transition or after a goal the defender attack 1-1 vs the opponent waiting at the blue line. The original attacker tries to regain the puck until the attacker crosses the blue line and then returns to the back of the line.

This transition game can be used for situations up to 3-3 and the supporting players can be activated to create point shots and low play etc. (in my team practice later we did full ice 2-2 and passes to the point were allowed creating lots of new low situations - the point players are jokers and must shoot or pass only)

10 minutes

We finished with two full ice games of 5-5 at once with the rule there must be at least one pass in each zone.

