

C3 1 on 1 Both Sides

Key Points:

Tight gap for D

Attack with speed and go for the rebound

Description:

Drill is done on both sides; opposite direction

1a. F1 get a pass from F2 on whistle

1b. D1 get a pass from D2

2a. F1 shoot and skate into a pass from D1

2b. D1 pivot then pass to F1 and close the gap

3. F1 attack D1 1 on 1

4. Finish the play by fighting for the rebound.

