

C1, 1 on 1 - Sweden

Key Points:

Attack with speed and make the defender collapse to the middle and try to get by when they skate outside.

Defender keep no more gap than a stick length. Defend from the net side always. Stay with attacker after the shot and tie up the stick. Maintain body on body and stick on the puck positioning.

Description:

- A. R1 pass to B1.
- B. B1 attack and try to score while R1 defends.
- C. Go for the rebound after a shot.

This can be done from either one or both sides at the same time.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417112911309>

