

## 10 Great Ideas to Practice 1-1

*You win and lose games based on how you handle 1 on 1 situations on both sides of the puck. These are drills and transition games that practice offensive and defensive 1 on 1 situations. The first link takes you to the forum posting with description, diagram and pdf. and the second link to the video.*

### 1 - C3 Reijo 1-1 Both Sides - Gap Control

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=901&topic=901#901>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122856482>

### 2 - C6 1-1's from the Corner

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=285&topic=285#285>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013052209072488>

### 3 - C6 1-1 x 3 Point Shot – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7075&topic=7075#7075>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706171355240>

### 4 - C1-C6, 1-1 x 2 From Blue Line and Corner - Sweden

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6944&topic=6944#6944>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417102942736>

### 5 - C6 Regroup x 2, 1-1 and 2-1 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7013&topic=7013#7013>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>

### 6 - C600 Timing and 1-1 - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=970&topic=970#970>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122851174>

### 7 - C1-C600 1-1 - Slovakia U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6187&topic=6187#6187>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204150703301>

**8 - C300, 1-1 Battle in Front of Net - Sw**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5210&topic=5210#5210>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041719184157>

**9 - DT400 Half-ice Transition Game of 1 on 1 - Yursinov/Wahlsten IIHF Symposium**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6656&topic=6656#6656>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>

**10 - DT100 - 1-1 and 2-2 with Passive Support - Yursinov, Wahlsten IIHF**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6646&topic=6646#6646>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131126182356890>

***More 1-1 drills, transition games and games from around the hockey world can be found at the link below.***

[1 on 1 Drills From the Forum: Game Playing Roles 1 and 3](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?forum=2&showtopic=6807&highlight=1%20on%201%20Drills%20From%20the%20Forum:%20Game%20Playing%20Roles%201%20and%203>