

## E1 - 1-1 Puck Carrier Either Way - U17

### Key Points:

Puck carrier make deceptive moves and break to either net. Defender use controlled defensive skating and approach with toe caps facing the puck carrier, then chase without taking a penalty. Goals on a rebound in the slot count.

### Description:

1. Red face the blue on the red line just outside of the circle.
2. Blue attacker skate into the circle with the puck and attack either net.
3. Red player defend and chase the attacker without taking a penalty.
4. Blue can score on direct rebounds.
5. Red defender box out attacker and tie up the stick on any rebound.
6. The next blue now is the attacker vs. the next red.
7. Continue alternating sides.
8. Keep score.

*\*Do this 1-1, 1-2, 2-2 as well.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191022154812841>

<https://youtu.be/YuEckedLbtU>

