

C1 - 1-1 - 2-2 Battles - Kazakhstan W

Key Points:

Battle hard for the puck and go into the corner on an angle. Bump on the way in to get inside body position. Use fakes and cutbacks along the boards and protect the puck. Keep the feet moving.

Description:

1. Players line up in the middle near the blue line.
2. Coach dumps the puck in and the first two players race for possession.
3. First player on the puck try to score and second player defend.
4. If defender gets the puck they can score also.
5. Progress to a 2-2 with the second player on each team giving support. Play man on man defense and create 2-1's on offense.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120828124405493>

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<https://youtu.be/mVO0S8TfePs>

