

C300 - 3 x 1 on 1 and 3 on 3 – Pro

Key Points:

Attacker use head and shoulder fakes, protect the puck to get to the net for a shot. Defender stay on the defensive side and play a tight gap and block the attacker from getting to the scoring area.

Description:

1. Players line up outside of the blue line.
2. One attacker in each corner and one in the middle at the blue line.
3. One defender starts about 3 metres in front of the attacker and they play 1 on 1.
4. Coach pass to one corner, then the other corner and then the middle player attack with a puck.
5. After the three 1-1's the coach shoots in a fourth puck and the players compete 3 on 3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121231163459840>

https://youtu.be/f_OOKX3evpk

