

C1 - Circle 1-1 - Czech U20

Key Points:

Play a tight gap defending and stay with the attacker after the shot. Attacker protect the puck and make a hard move, get a shot and follow for a rebound. Battle for the first rebound before the attacker leaves to defend and the next attacker watch for when to leave.

Description:

1. Players are in a line outside each blue line.
2. The line-up can be on either side or in the middle.
3. Player 1 circle everyone and shoot.
4. Player 1 skate out and defend vs. player 2.
5. Player 2 leave when player 1 is out to about the hash mark.

** This drill can be done from 1-1 up to a 3-2. With large numbers both groups can alternate leaving from the middle circle.*

** This drill has both F and D taking the defensive 1-1 and prepares the F for when they cover the point on a pinch.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818214247487>

<https://youtu.be/ZzmlRu9Vxok>

