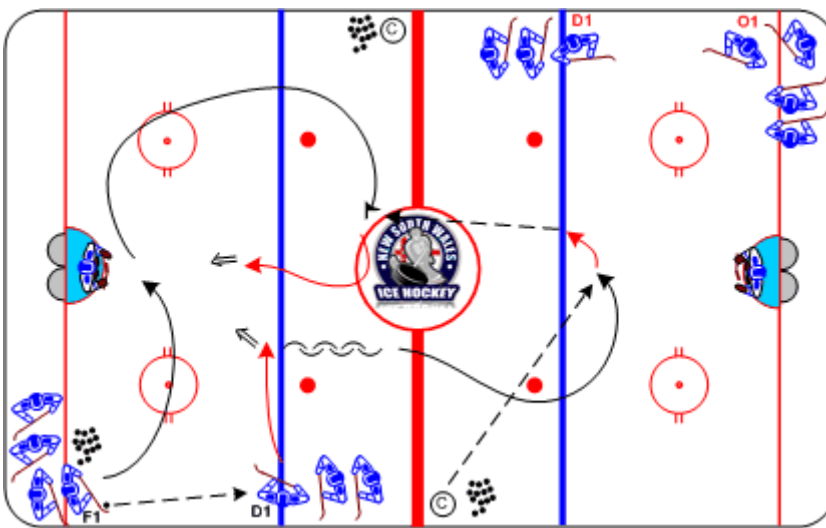




1-on-1 Transition Drill

Duration: 8 mins

- D1 receives pass from F1, drags to middle and shoots
- F1 skates to net for screen or deflection
- © spots a puck in the neutral zone
- D1 retrieves loose puck, passes to F1 for shot on goal
- Alternate sides at start, then both sides together
- Add a 2nd Defense to play 1-on-1 low and 1-on-1 attack



Coaching Tips

- Forwards attempt to screen Goalie or deflect puck
- Defense keep feet moving/shoulder check looking for support
- Speed through the neutral zone
- On side passes

Execution Tips

- Start by alternating corners
- Monitor neutral zone for safety once both sides engage at the same time