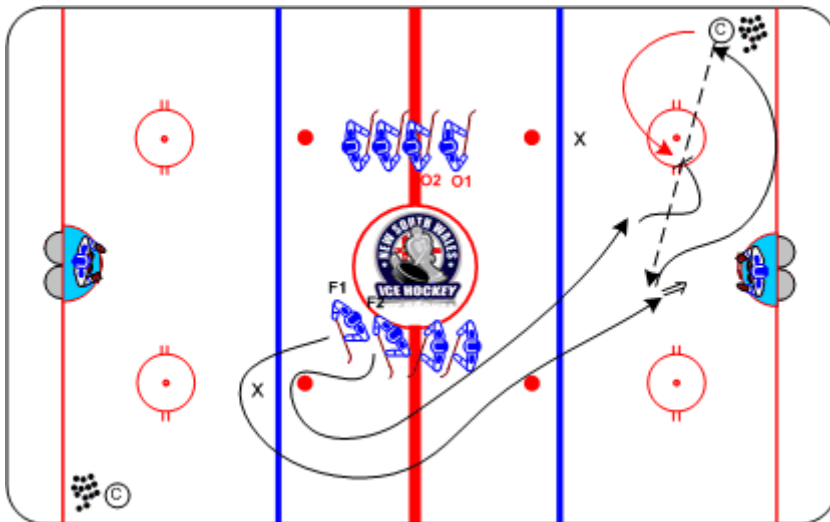




Backside 1-on-1 Drill

Duration: 7 mins

- **F1** skates around pylon and wide down boards
- **F2** backchecks, keeping **F1** to outside
- **F1** finds an opening for pass from ©
- © may elect to shoot, then **F1** goes to the rebound
- © spots a second puck for 1-on-1 between **F1** and **F2**



Coaching Tips

- Protect middle of ice
- Maintain Defensive side positioning
- Tie up attacker's stick near net

Execution Tips

- Start the pairs on the whistle
- All contact and coverage must be legal
- **O1** and **F1** start at same time