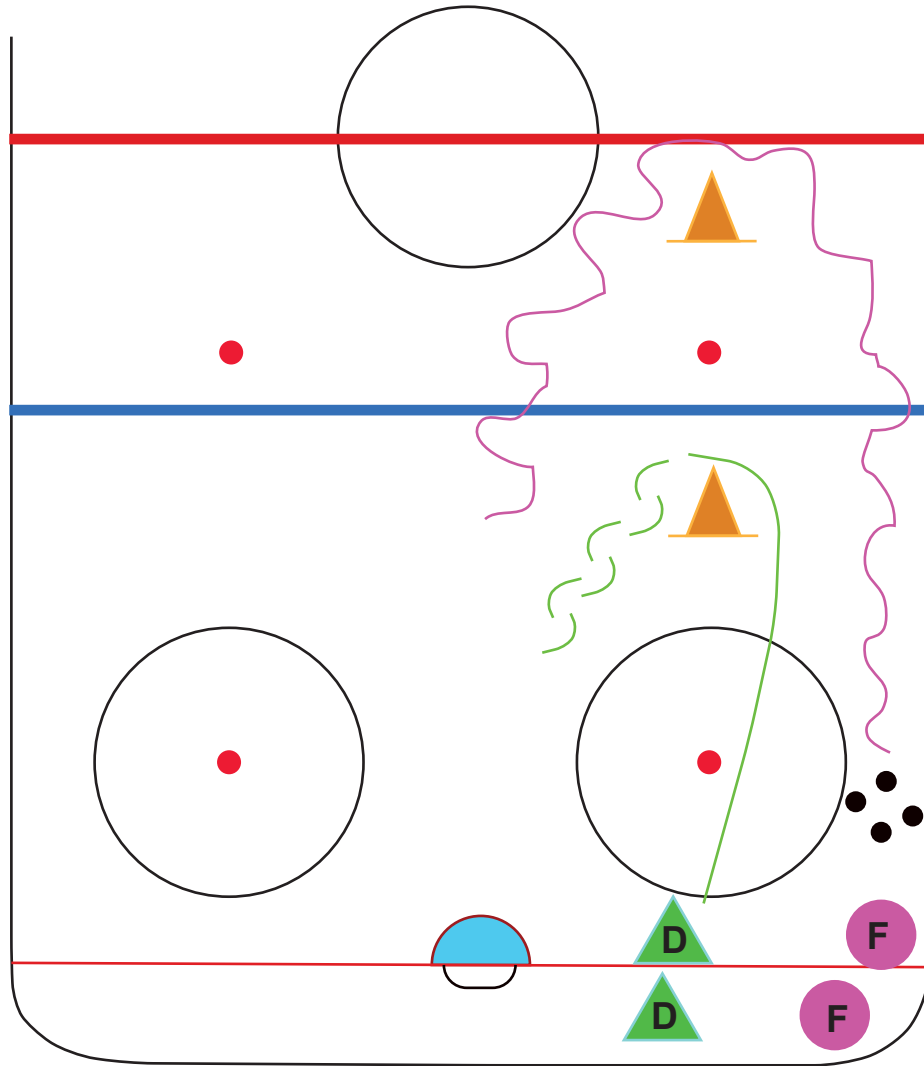


Basic 1 on 1



Forwards line up in corner with puck

Defense lines up closer to goal

on whistle Forward carries puck around far cone and enters zone,

on whistle Defense skates forward around near cone and transitions

to backwards and takes on Forward 1 on 1

FORWARDS: be aggressive--enter zone fast, drive to net and continue to net for rebound

look at D's eyes- if they are looking up at your eyes you can often play the puck

through their feet or between their stick and their feet and if they are looking down at puck try a fake and take quick steps around them

-while driving to net **keep feet moving, get low** and use your shoulder to drive into the D, protect the puck with your hip--**don't give up**, if D are right on your hip you have them beat take 2-3 more hard cross-over steps towards net

DEFENSE: play body (but know where puck is) and drive forward to the corners

remember to stay on Forward after the shot so they don't get rebound