

C3 - 1 on 1 From Blue Line and Corner – Sw

The Swedish Ice Hockey Association has a website with great drills and games. I am going through them and doing diagrams of the drills. Coaches can go to the link for the site to watch them. They are very well done. A lot better than I can do with my camera. The videos have more than one drill but I am sure the coaches that come here are smart enough to figure that out.

Key Points:

On offense protect the puck, shoot while skating and follow the shot for a rebound. On defense play from the net side with the stick on the puck. Stay with the attacker and control the stick after the shot and then look for the puck.

Description:

1. Attacker and defender leave from the blue line and the passer is on the other side of the ice above the dot.
2. Attacker skate into the slot for a pass and the defender skate backward.
3. First pass is in the slot and battle to score and defend.
4. Second pass happens when the first battle is over and the puck is shot into the far corner.
5. Attacker protect the puck vs. defender and battle to get to the net and score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417102942736>

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<https://youtu.be/g6qrBuXBH0M>

