

C1 - 1 on 1 - SW

Key Points:

Attack with speed and make the defender collapse to the middle and try to get by when they skate outside.

Defender keep no more gap than a stick length. Defend from the net side always. Stay with attacker after the shot and tie up the stick.

Description:

A. R1 pass to B1.

B. B1 attack and try to score while R1 defends.

C. Go for the rebound after a shot.

This can be done from either one or both sides at the same time.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417112911309>

C1 - 1 on 1 Full Ice – Sw

https://youtu.be/zcSxwI93Q_M

