

One-on-One Drills

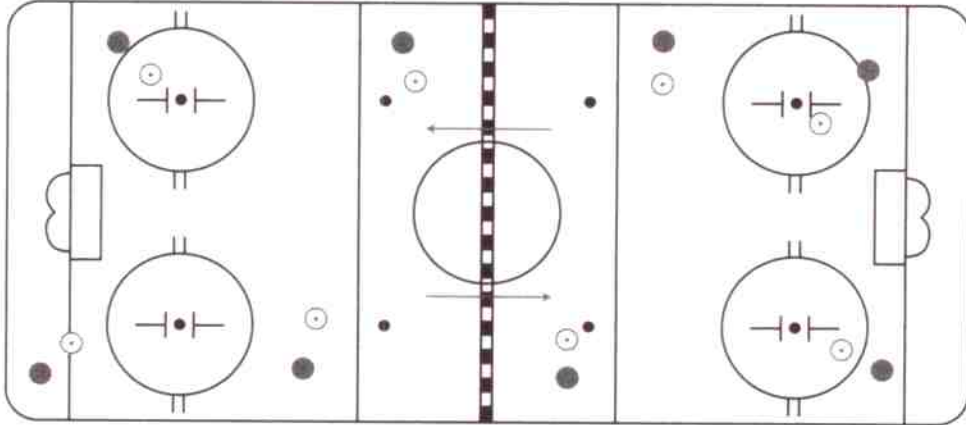
One-on-one situations occur frequently in the game of ice hockey. They may occur along the boards, in the corners, in front of the net, or away from the boards. The drills in this chapter can be used to practice these situations, including one-on-ones that go full ice and those that take place in a small space.

For these one-on-one drills, make sure that the attacking players skate at full speed or use a change of speed to beat the defender. Different offensive moves that players should work on when performing these drills include moving to either side of the defender (on the backhand or forehand side), using curl moves, faking a shot and going wide, and using a head fake one way and going the other way. Offensive players may also practice moving the puck diagonally between the defender's stick and skates or using the defender as a screen when shooting. Passing the puck to a teammate is always a better option than trying to beat an opponent one on one.

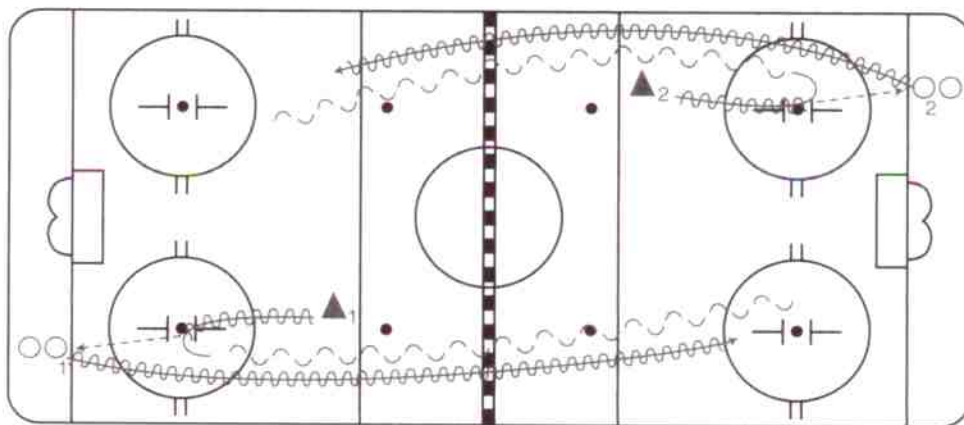
The defender should always try to close the gap between the defender and the attacker in open ice. Defenders need to work on their backward skating speed—a defender should attempt to skate backward at the same speed as the attacker and be in a balanced position to react quickly to any change in movement by the attacker. In the corners or along the boards, the defender should try to pin the attacker, or if the player has full control and is moving from the boards or corner, the defender should try to contain the attacker's movement. The defender should keep the head up and watch the opponent's chest instead of the puck. If the defender is looking only at the puck, the defender's head is down, which gives the defender little chance to stop the attacker's body if the puck gets by the defender. With the new rules in ice hockey regarding the use of the stick, defenders must be sure that the stick is on the ice and held with

one hand; the elbow should be bent so the defender is ready to poke check the attacking player if possible. If the poke check is not effective, the shoulder check is used both in open ice and when pinning an opponent. If the poke check is effective, it knocks the puck away, making the body check unnecessary. The hip check is another option, but it is a high-risk check and must be executed properly because a missed hip check leaves the defender out of the play. Therefore, pivoting and turning with an opponent when the player goes wide is usually more effective than the hip check.

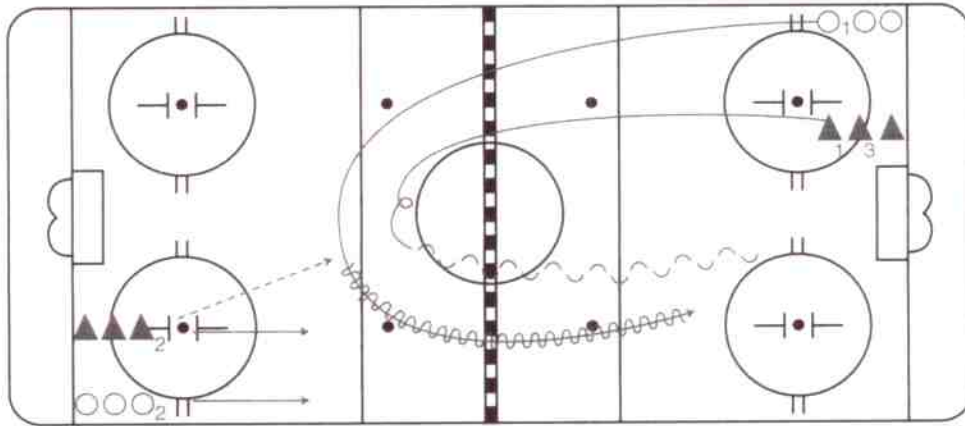
1. On the whistle from the coach, two players go 1v1 for 30 seconds.
2. On the next whistle, the players skate around the rink passing the puck.
3. On the next whistle, they go 1v1 again.



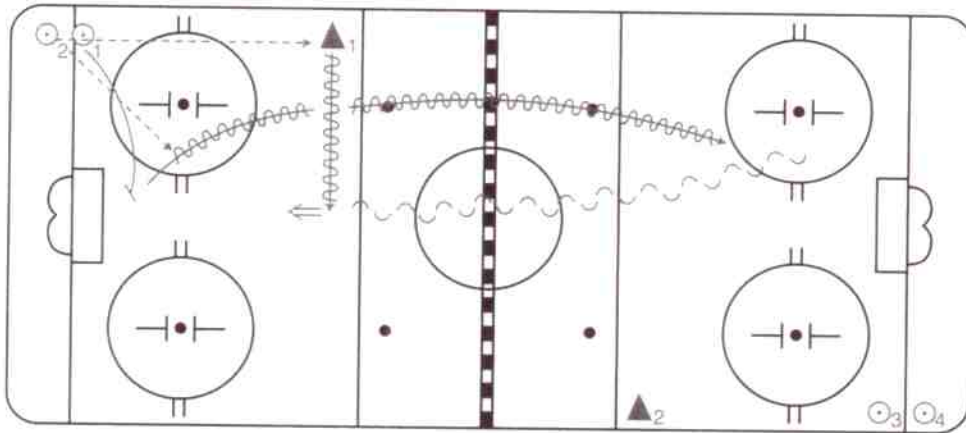
1. Defenseman 1 and defenseman 2 skate forward with the puck from the blue line on opposite ends of the rink.
2. Defenseman 1 and defenseman 2 pass the puck to forward 1 and forward 2 at the goal line.
3. Forward 1 goes 1v1 against defenseman 1, and forward 2 goes 1v1 against defenseman 2.
4. The drill is started each time with a whistle from the coach.



1. Forward 1 starts at the boards near the face-off circle, skates over the far blue line, and receives a pass from defenseman 2.
2. Defenseman 1 skates forward around the center circle, pivots, and skates backward.
3. Forward 1 goes 1v1 against defenseman 1.
4. After passing the puck to forward 1, defenseman 2 skates around the center circle; forward 2 skates to the far blue line, receives a pass from defenseman 3 and comes back to go 1v1 against defenseman 2.
5. The drill is repeated from the opposite end of the rink, with other players lined up to pass to them.
6. The drill can alternate from each end for the 1v1, or players at both ends can go at the same time. If players from both ends go, the next defenseman at each end passes the puck to the forward coming inside the blue line.

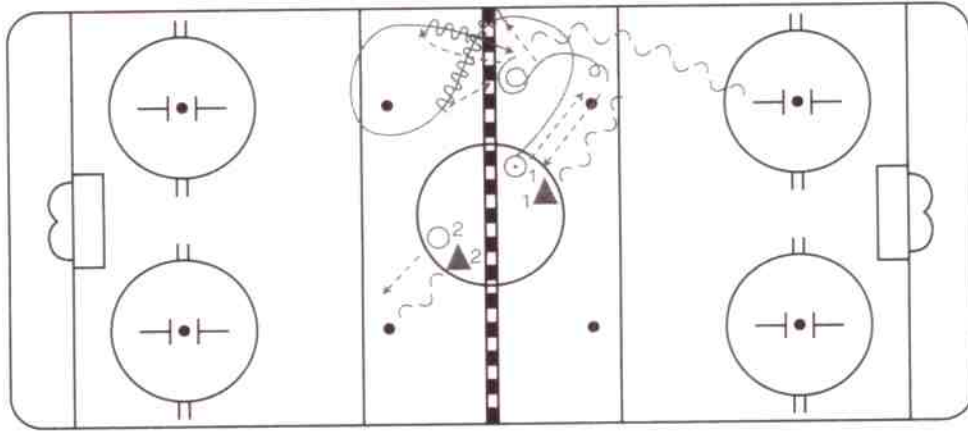


1. Forward 1 starts at the goal line and passes the puck to defenseman 1, who is at the blue line.
2. Forward 1 skates to the front of the net to screen or deflect.
3. Defenseman 1 skates along the blue line to the middle and shoots.
4. Forward 2 then passes a puck to forward 1.
5. Forward 1 goes 1v1 against defenseman 1, who skates backward to the opposite end of the rink.
6. Forward 3, forward 4, and defenseman 2 do the same drill simultaneously at the other end of the rink.



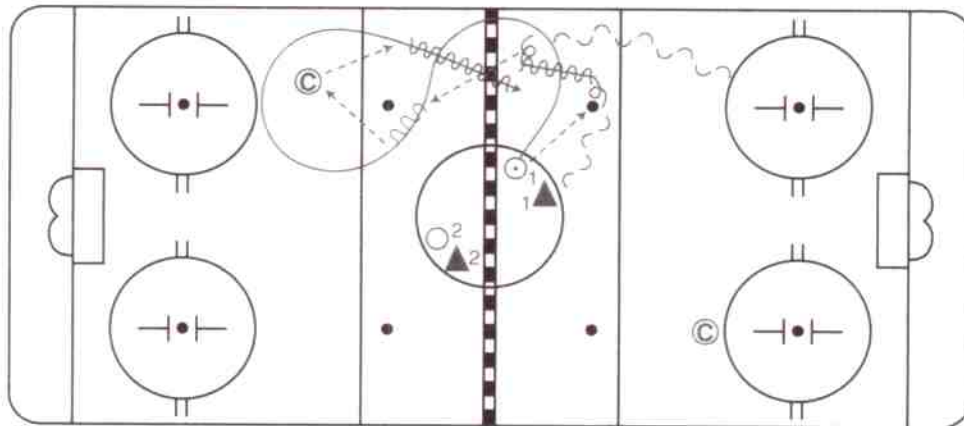
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1. Forward 1 one-touch passes with defenseman 1, who skates backward out of the center circle.
2. Forward 1 skates a figure eight and exchanges passes with defenseman 1, who mirrors the skating pattern of forward 1.
3. When forward 1 completes the figure eight in the neutral zone, forward 1 goes 1v1 against defenseman 1.
4. Forward 2 and defenseman 2 do the same drill simultaneously from the other side of the center circle.

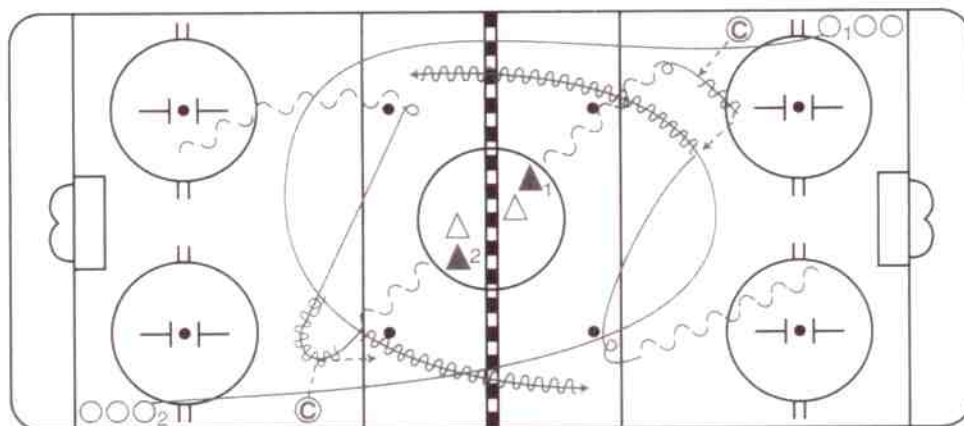


**PASS TO DEFENSEMAN,
PASS TO COACH, 1V1**

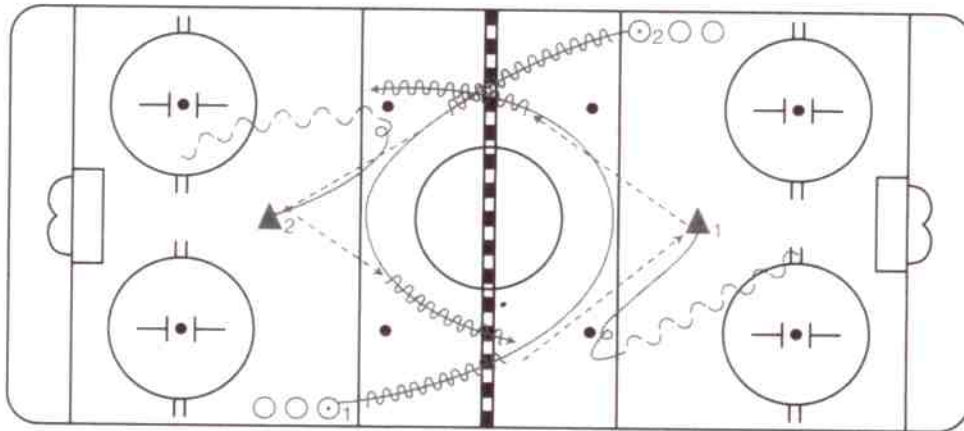
1. Defenseman 1 skates backward out of the center circle and takes a pass from forward 1.
2. Defenseman 1 pivots, skates forward, and passes to forward 1, who skates out of the center circle.
3. Forward 1 skates a figure eight and exchanges passes with the coach.
4. After passing to forward 1, defenseman 1 pivots at the center line, skates backward, and defends against forward 1 in a 1v1.
5. Forward 2 and defenseman 2 perform the same drill simultaneously from the other side of the center circle.



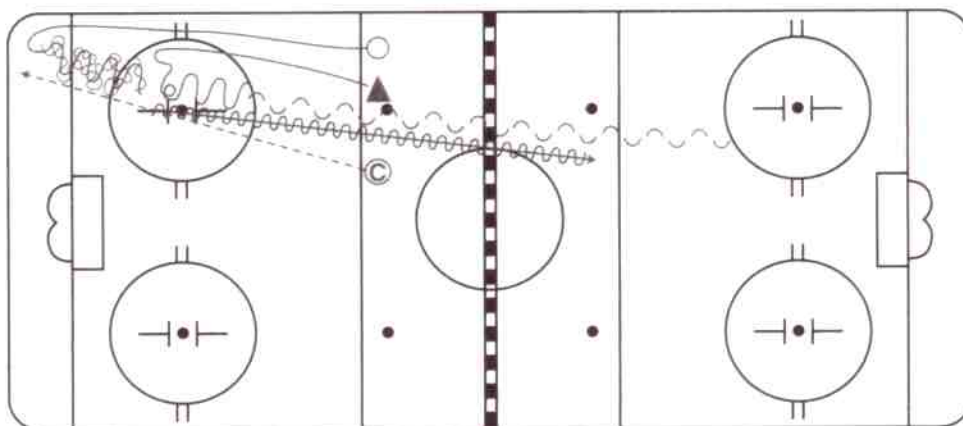
1. Defenseman 1 and defenseman 2 skate diagonally backward out of the middle at opposite sides, pivot, and get a pass from the coach.
2. Forward 1 and forward 2 skate to the far blue line, loop wide, and take passes from defenseman 1 (who passes to forward 2) and defenseman 2 (who passes to forward 1).
3. After passing, defenseman 1 and defenseman 2 skate diagonally across the ice, and the players go 1v1—forward 1 goes 1v1 against defenseman 1, and forward 2 goes 1v1 against defenseman 2.
4. Each repetition of the drill begins on a whistle from the coach.



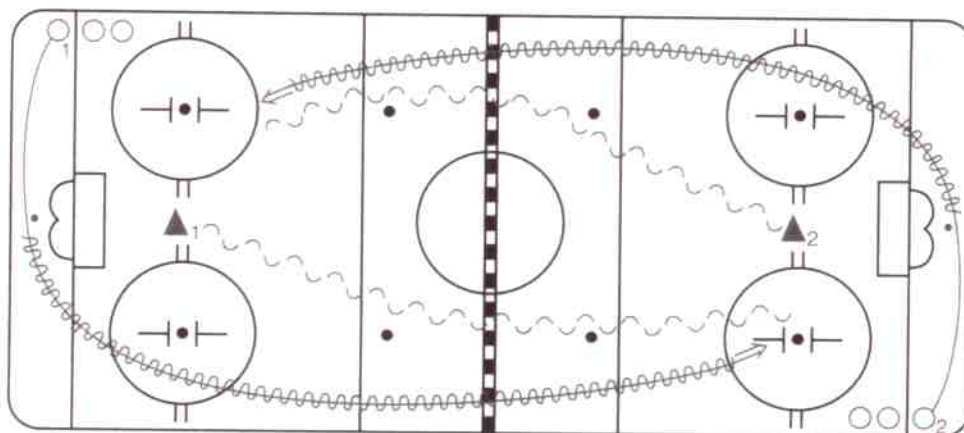
1. Forward 1 and forward 2 skate with pucks toward the far blue lines.
2. Forward 1 passes to defenseman 1, and forward 2 passes to defenseman 2.
3. Defenseman 1 returns the pass to forward 1, and defenseman 2 returns the pass to forward 2.
4. Forward 1 and forward 2 loop and skate back with the puck.
5. After passing, defenseman 1 and defenseman 2 skate forward to the blue line, pivot, and skate backward.
6. Forward 1 then goes 1v1 against defenseman 2, and forward 2 goes 1v1 against defenseman 1.
7. The drill begins simultaneously from both sides.



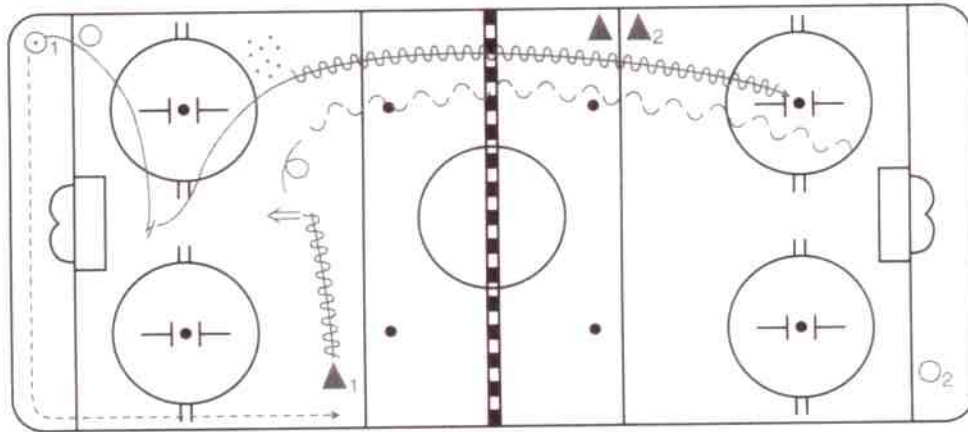
1. The coach shoots the puck in the corner.
2. The forward skates in from the blue line, gets the puck, and skates in a zigzag motion from the corner.
3. The defenseman skates forward, pivots, skates backward, and mirrors the forward's movement until the top of the face-off circle.
4. The forward then goes 1v1 against the defenseman to the far end of the rink.
5. The drill goes in both directions at the same time.



1. One puck is placed behind the net at each end of the rink.
2. On the whistle, forward 1 and forward 2 skate behind the nets diagonally opposite from one another, get the pucks, and go straight down the rink along the boards to the center line.
3. Defenseman 1 and defenseman 2 are near the hash marks of the face-off circles, facing the net.
4. As soon as forward 1 and forward 2 touch the pucks, defenseman 1 and defenseman 2 skate backward down the ice, and the players go 1v1.
5. Defenseman 1 and defenseman 2 cannot turn until the center line; forward 1 and forward 2 must skate straight down the boards until the center line before they can cut to the middle of the rink.

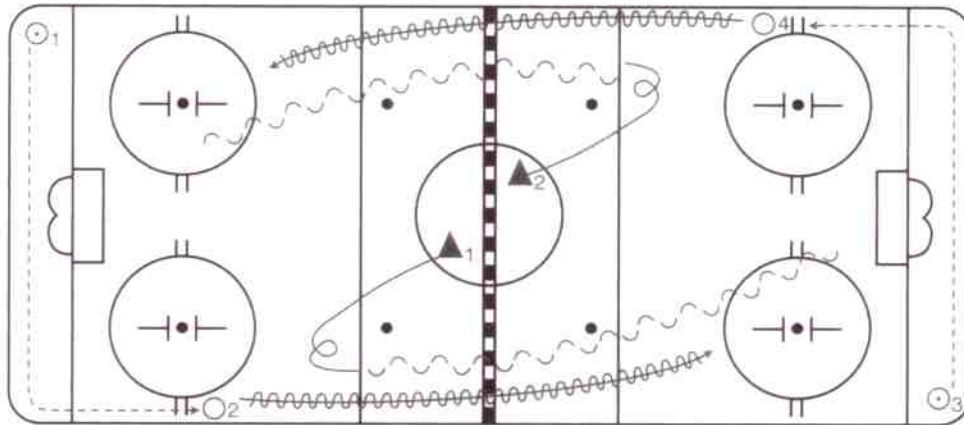


1. Forward 1 begins in the corner and rims the puck along the boards to defenseman 1 at the blue line.
2. Defenseman 1 skates along the blue line to the middle and shoots, then pivots and skates backward.
3. After rimming the puck, forward 1 goes to the front of the net for a deflection or screen on defenseman 1's shot.
4. Forward 1 then gets a puck at the top of the circle and goes 1v1 against defenseman 1.
5. Forward 2 and defenseman 2 complete the same pattern, and the drill goes in both directions.

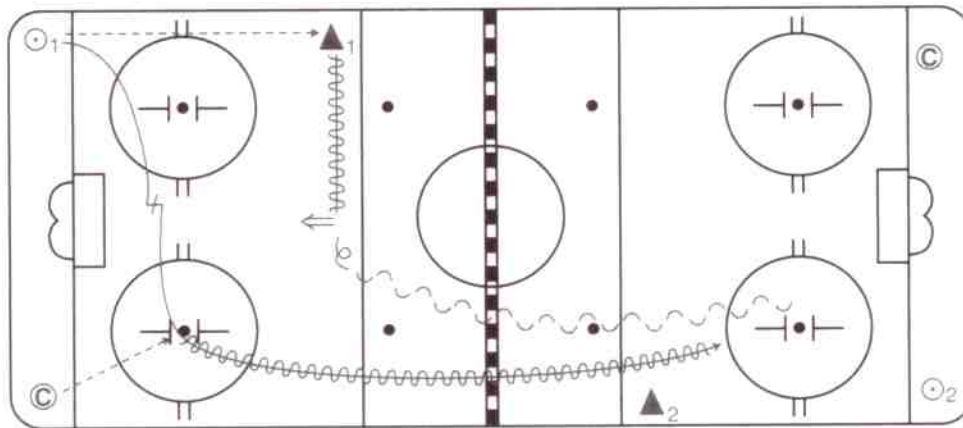


DEFENSEMAN IN THE MIDDLE, RIM 1V1

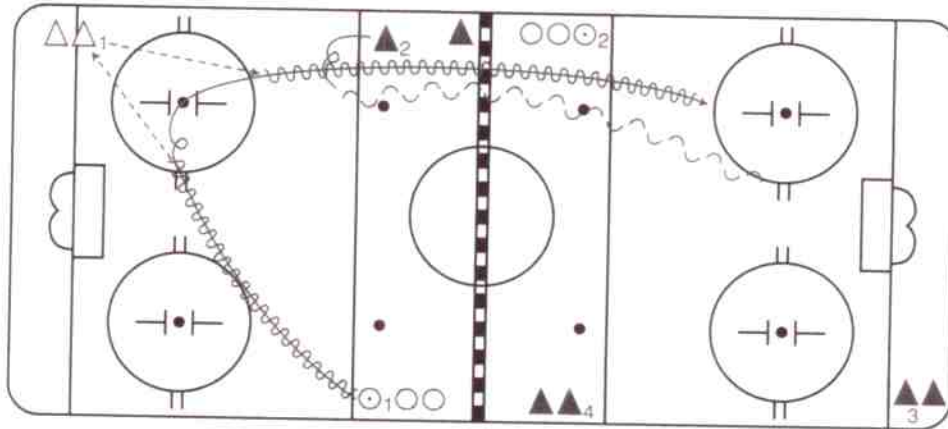
1. Forward 1 rims the puck along the boards to forward 2, who is positioned at the boards near the face-off circle.
2. Defenseman 1 skates forward, pivots, and skates backward.
3. Forward 2 goes 1v1 against defenseman 1.
4. Forward 3, forward 4, and defenseman 2 complete the same pattern on the other end, and the drill goes in both directions.



1. Forward 1 passes to defenseman 1.
2. Forward 1 goes to the front of the net for a tip-in or screen.
3. At the same time, defenseman 1 skates across to the middle of the blue line and shoots.
4. Offensive forward 1 then skates across and receives a pass from the coach.
5. Defenseman 1 pivots, skates backward, and defends against offensive forward 1 in a 1v1 going to the far end of the rink.
6. Forward 2 and defenseman 2 complete the same pattern at the other end, and the drill goes in both directions.



1. Forward 1 skates with the puck from the blue line toward defenseman 1 in the opposite corner.
2. Forward 1 passes to defenseman 1 and then pivots.
3. Defenseman 1 gives a return pass to forward 1.
4. Defenseman 2 skates inside the blue line, pivots, and defends forward 1 in a 1v1 the length of the rink.
5. Forward 2, defenseman 3, and defenseman 4 perform the same pattern at the other end, and the drill goes in both directions.



1. Forward 1 skates in from the blue line and shoots, then skates across and receives a pass from the coach.
2. Defenseman 1 skates over the blue line, pivots, and defends forward 1 in a 1v1 the length of the rink.
3. Forward 2 and defenseman 2 perform the same pattern at the other end, and the drill goes in both directions.

