

Two-on-One Drills

A two-on-one usually occurs in a game when one defenseman gets caught up ice. A two-on-one creates unique opportunities for the attacking players. It also creates challenges for the defensive player that gets caught alone. The drills in this chapter are designed to teach the offensive players to take advantage of a two-on-one. They also give defensive players the opportunity to practice defending two-on-one plays.

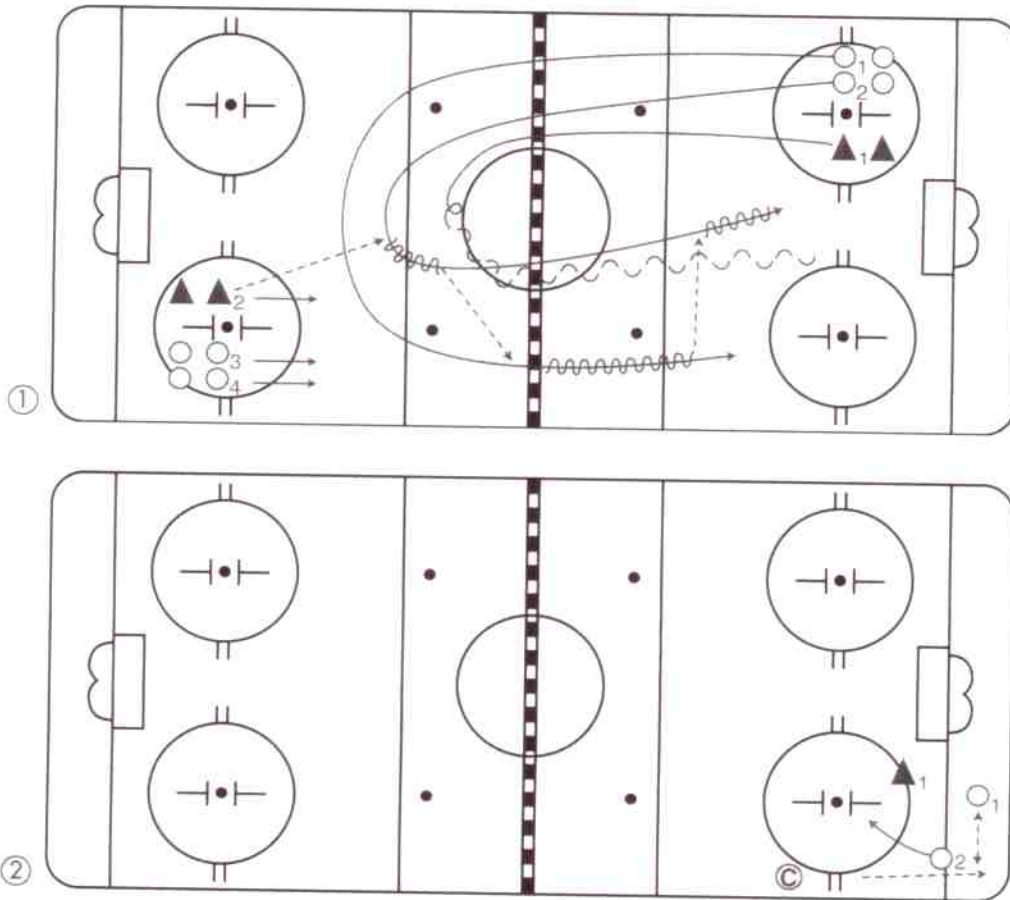
For the drills in this chapter, the attacking players should work on executing the two-on-one at full speed, because this gives the defenders less time to react. The attackers can cross in front of the defender and use a drop pass, stay wide with the player without the puck going to the net, or use a strategy where the player without the puck trails the play for a pass back. These techniques allow the attacking players the opportunity to get the defenseman to be moved away from the middle of the ice, to be blocked or picked, or to be used as a screen against the goalie. Cross-ice passes should be made early in the attack because they are more easily intercepted closer to the net where there is less space. A saucer pass over the defender's stick or a pass between the defender's stick and skates is risky but can be used close to the net. The biggest mistake on a two-on-one is not getting a shot on net—players should know that it is never wrong to shoot in these situations! If a player has room to take a shot, the player should take the shot, and the other player should go for a rebound.

Defensively in a two-on-one situation, the defender should close the gap as much as possible and should stay in the middle of the ice, favoring the side of the puck carrier. Generally, the goalie should have the puck carrier, and the defender should focus on preventing a pass across to the other offensive player in close. The defender should only pressure the puck carrier in close. Pressuring the puck carrier too early leaves too much opportunity for a pass to a wide open player for an easy shot. Leaving the feet and sliding to prevent a pass across on a two-on-one is a special skill and should not be used unless the defender is highly proficient with the move. If a defender slides and is not successful, it is difficult for the defender to return to his or her feet in time to get back in the play.

1. Forward 1 and forward 2 skate inside the far blue line and loop back (see figure 1).
2. Defenseman 1 skates around the center circle, pivots, and skates backward.
3. Defenseman 2 passes to forward 2.
4. Forward 1 and forward 2 go 2v1 with defenseman 1.
5. After defenseman 2 passes the puck, defenseman 2, forward 3, and forward 4 perform the same pattern in the other direction.
6. The drill is continuous.

Variation

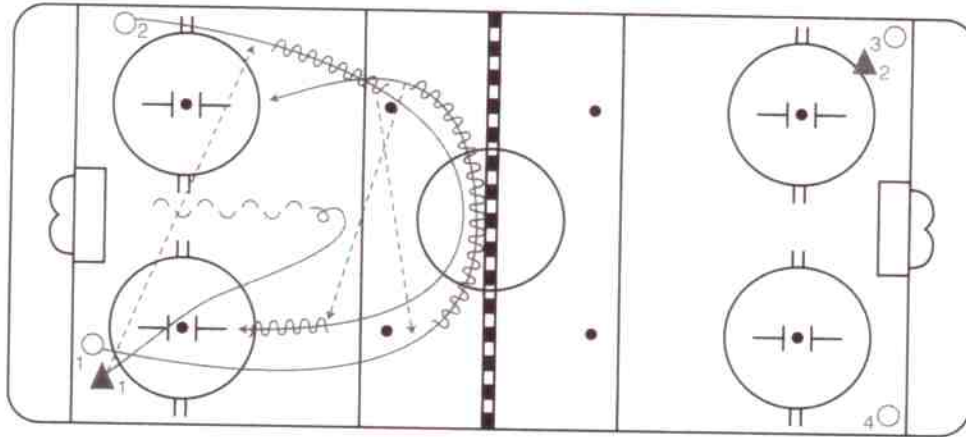
After the 2v1 play is completed, the coach puts a second puck in the corner, and forward 1 and forward 2 go against defenseman 1 out of the corner (see figure 2).



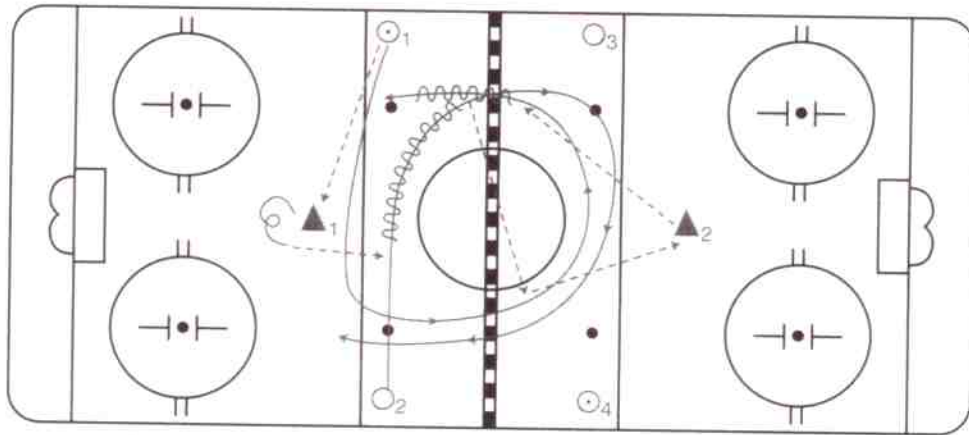
1. Forward 1 and forward 2 come out of the corners, take a pass from defenseman 1, and go outside the near blue line.
2. Forward 1 and forward 2 then come back 2v1 against defenseman 1.
3. At the same time, forward 3 and forward 4 perform the same pattern at the other end with defenseman 2.

Variation

Forward 1 and forward 2 can regroup with defenseman 1 before going 2v1.



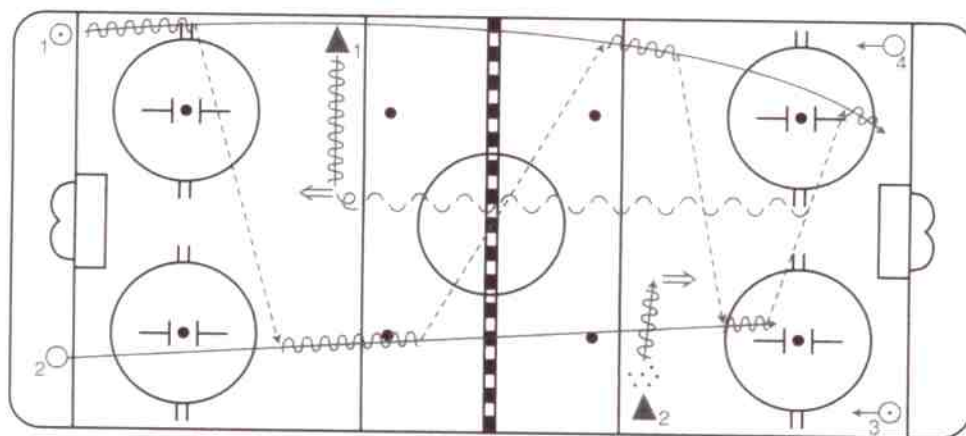
1. Forward 1 passes to defenseman 1.
2. Forward 1 and forward 2 skate across the ice from opposite sides.
3. Defenseman 1 pivots 360 degrees and passes to forward 2.
4. Either forward 1 or forward 2 pass the puck to defenseman 2.
5. Defenseman 2 returns the pass to either forward 1 or forward 2 as the two players loop back in the other direction.
6. Forward 1 and forward 2 go 2v1 against defenseman 1.
7. Forward 3 and forward 4 go next, repeating the same pattern and going 2v1 against defenseman 2 in the other direction.
8. The drill is continuous.



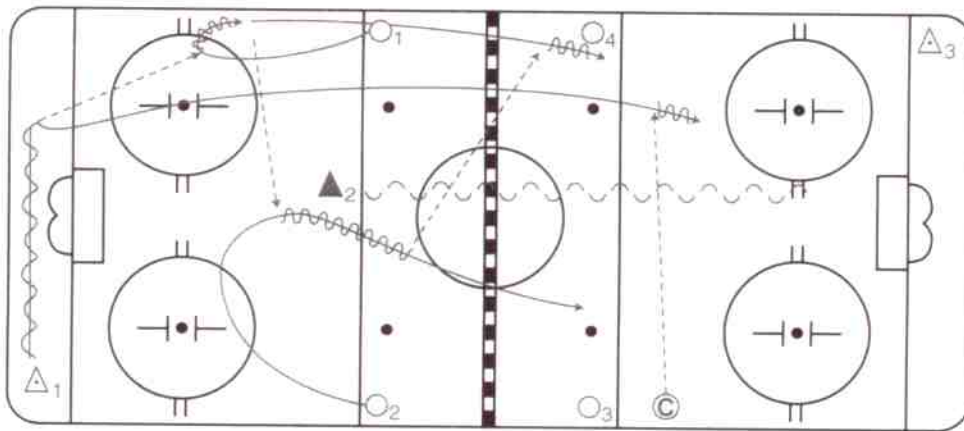
1. Defenseman 1 starts the drill by skating along the blue line with a puck and shooting.
2. After shooting, defenseman 1 pivots and skates backward.
3. Forward 1 starts from the corner with a puck and goes 2v1 with forward 2 against defenseman 1.
4. After the play on the net, the coach whistles.
5. Forward 1 and forward 2 stay in front of the net.
6. Defenseman 1 also stays in front and defensively takes either forward 1 or forward 2.
7. Defenseman 2 starts the next sequence by skating along the blue line and shooting, and then forward 3 and forward 4 go 2v1 to the other end against defenseman 2.

Variation

After defenseman 2 shoots, the coach can pass to either forward 1 or forward 2 in front of the net for another shot.



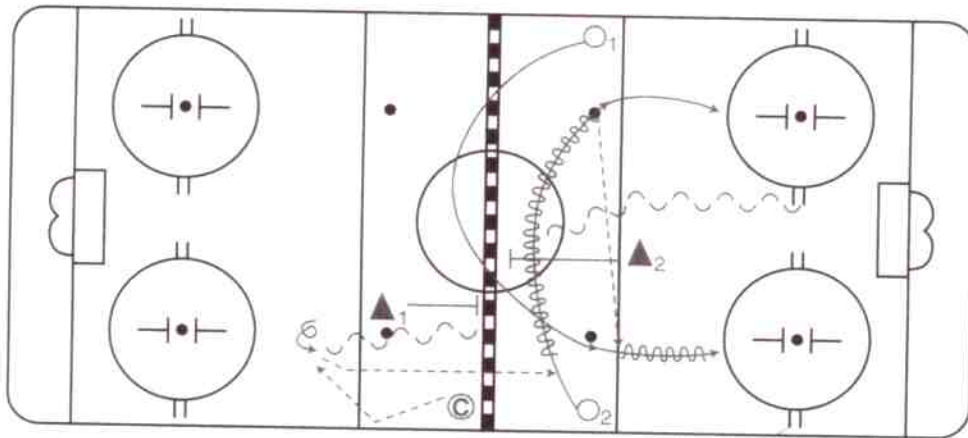
1. Defenseman 1 starts the drill by skating behind the net with the puck and passing to forward 1.
2. Forward 2 comes off the boards and joins forward 1 in a 2v1 against defenseman 2, who skates backward from the blue line.
3. After the play on the net, the coach passes another puck to defenseman 1, who has followed the play to the far blue line.
4. Defenseman 1 shoots, with forward 1 and forward 2 staying in front of the net to deflect or screen (defenseman 2 defends either forward 1 or forward 2).
5. Defenseman 3 starts the next sequence of the drill by skating behind the net and passing to forward 3.
6. Forward 3 and forward 4 go 2v1 against defenseman 3 in the other direction.



1. Defenseman 1 skates to the center line, stops, and skates backward.
2. The coach passes a puck off the boards (chips back) to defenseman 1.
3. Forward 1 and forward 2 skate across the ice from opposite sides, and one of them takes a pass from defenseman 1.
4. Defenseman 2 skates to the center line, stops, and skates backward.
5. Forward 1 and forward 2 go 2v1 against defenseman 2.

Variation

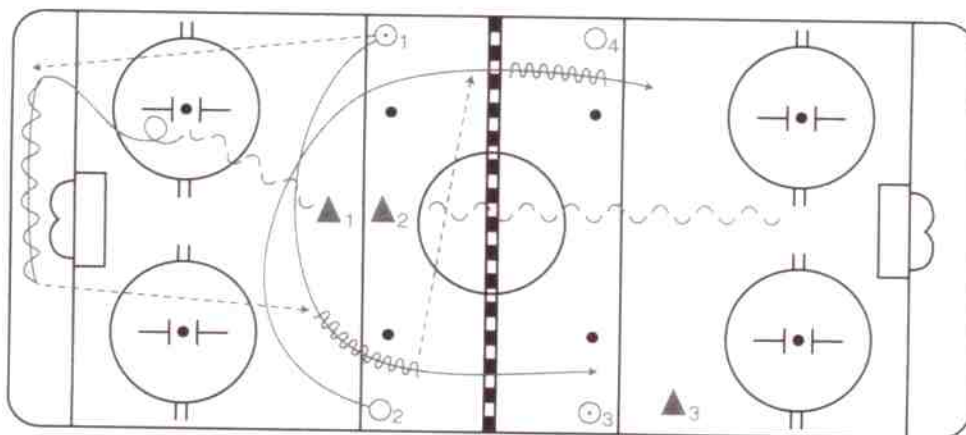
Forward 1 and forward 2 can come off the boards from the same side of the rink and take a pass from defenseman 1.



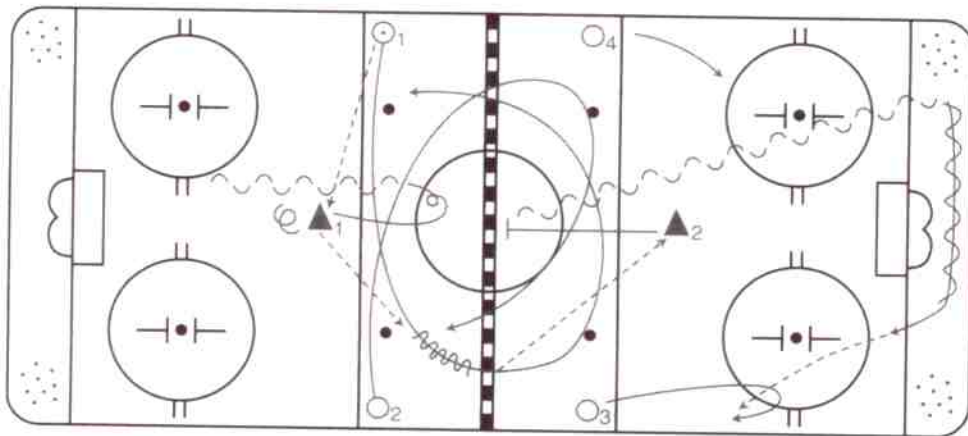
1. Forward 1 shoots the puck into the corner.
2. Defenseman 1 skates backward from the blue line, pivots, skates forward, and gets the puck.
3. Defenseman 1 then skates behind the net and passes to forward 1 or forward 2, who have skated across the ice from opposite sides.
4. Forward 1 and forward 2 go 2v1 against defenseman 2.
5. Forward 3 shoots the puck in to start the next play with forward 4 and defenseman 3, who is standing by the boards just inside the blue line.

Variation

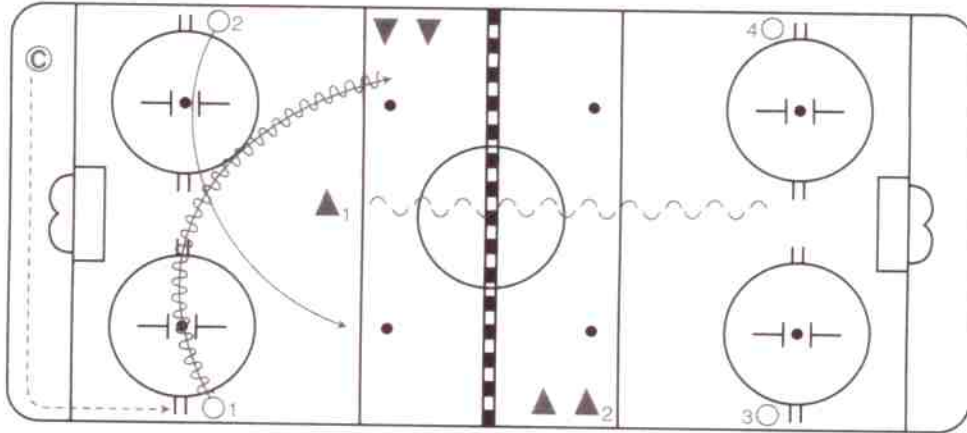
Forward 1 can rim the puck along the boards—with the goalie stopping it behind the net—or forward 1 can shoot directly at the goalie to start the play.



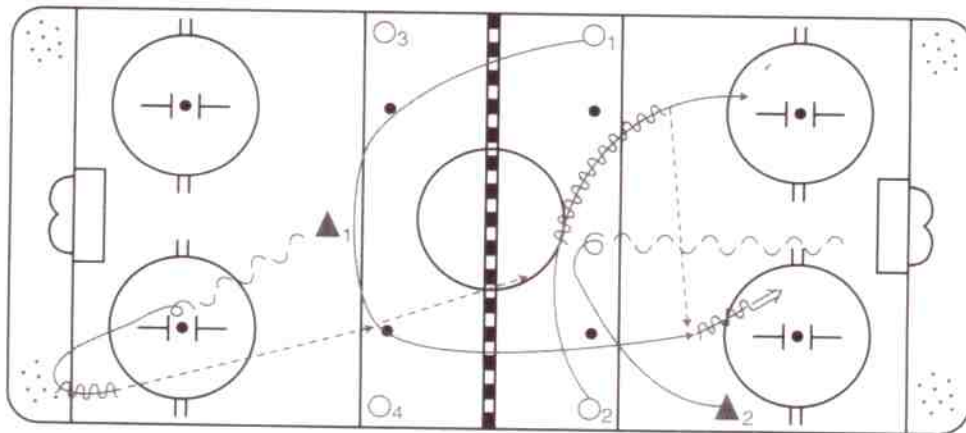
1. Forward 1 passes to defenseman 1.
2. Forward 1 and forward 2 skate across the ice from opposite sides.
3. Defenseman 1 pivots and passes the puck to either forward 1 or forward 2.
4. Forward 1 and forward 2 exchange passes and then pass to defenseman 2.
5. Defenseman 2 returns the pass, and forward 1 and forward 2 go 2v1 against defenseman 1.
6. Defenseman 2 then skates to the center line, stops, skates backward, goes to the corner at the near end of the rink, gets a puck, skates behind the net, and passes to forward 3 or forward 4 to start the next 2v1 with a new defenseman at the other blue line.



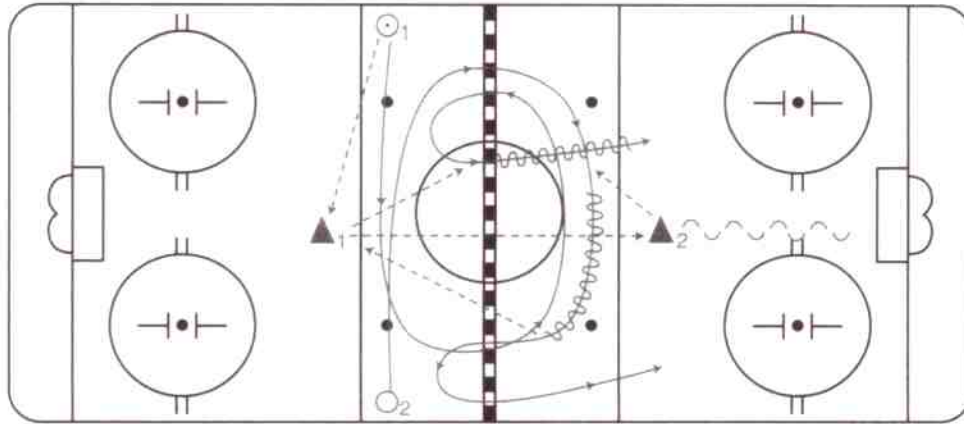
1. The coach starts the drill by rimming the puck to forward 1.
2. Forward 1 and forward 2 skate from opposite sides, cross, and go 2v1 against defenseman 1.
3. The coach at the other end starts the next play by rimming the puck to forward 4.
4. Forward 3 and forward 4 go 2v1 against defenseman 2.



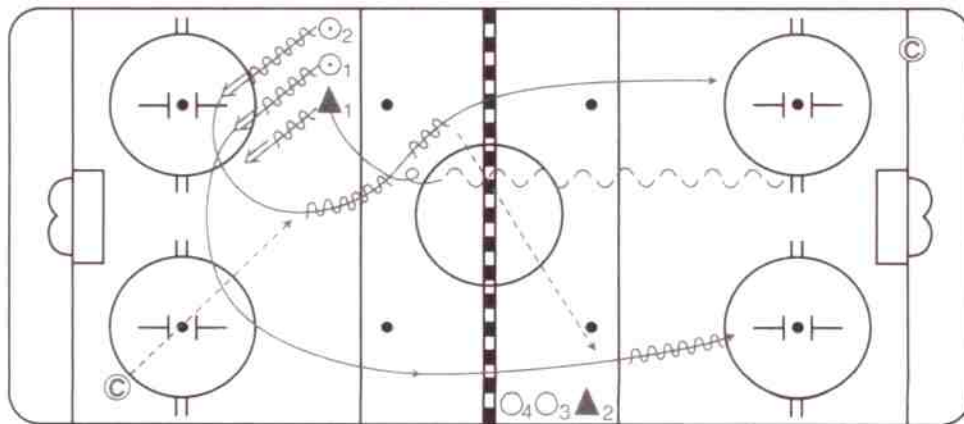
1. Defenseman 1 skates backward, pivots, goes to the corner and gets a puck, and then passes to forward 1, who has skated from the far blue line to the near blue line.
2. Forward 2 skates from the near blue line across the center line.
3. Forward 1 and forward 2 go 2v1 against defenseman 2.
4. Defenseman 2 starts the next sequence by passing to forward 4 and forward 3, who start at the far blue line and go 2v1 against defenseman 1.



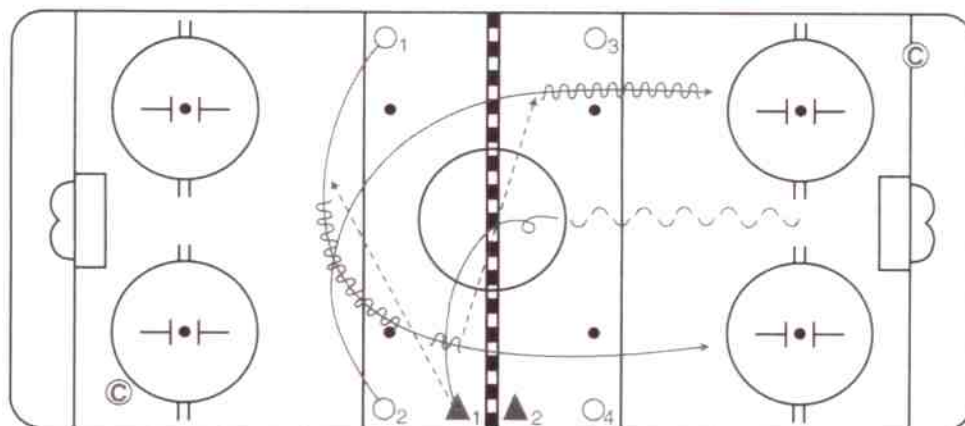
1. Forward 1 passes to defenseman 1.
2. Defenseman 1 passes to defenseman 2.
3. Forward 1 and forward 2 skate from opposite sides, cross, and take a pass from defenseman 2.
4. Forward 1 and forward 2 regroup by passing to defenseman 1 again.
5. Forward 1 and forward 2 take a return pass then go 2v1 against defenseman 2.



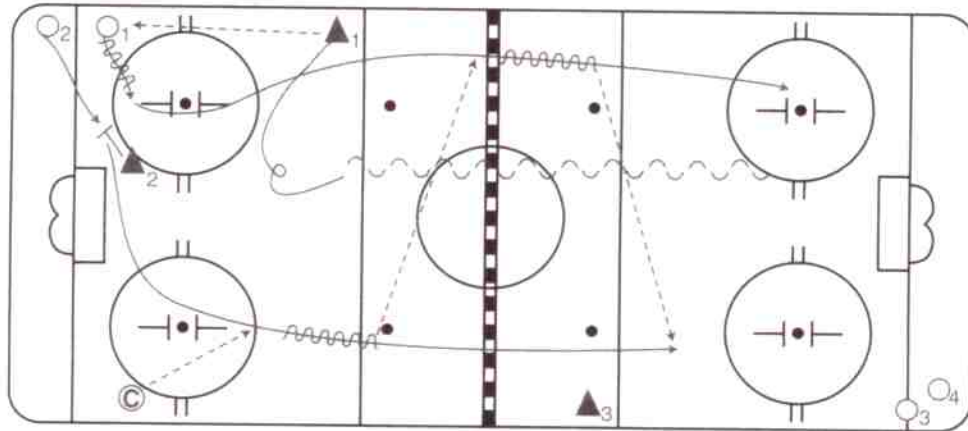
1. Forward 1, forward 2, and defenseman 1 skate in from the blue line and shoot.
2. Forward 2 takes a pass from the coach.
3. Forward 1 and forward 2 then go 2v1 against defenseman 1, who has pivoted and skated backward.
4. When the 2v1 is done, forward 3, forward 4, and defenseman 2 perform the same pattern beginning on the opposite end.



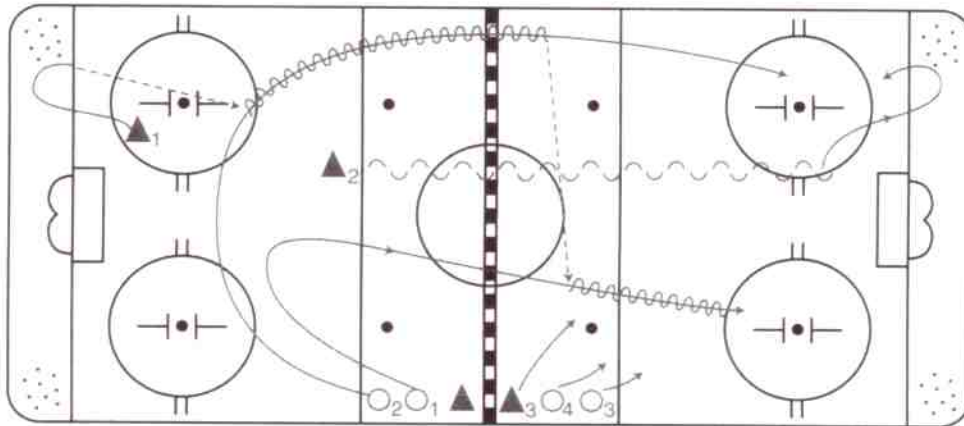
1. Defenseman 1 passes across the ice to forward 1.
2. Forward 1 and forward 2 skate from opposite sides, cross, and go 2v1 against defenseman 1.
3. Defenseman 2 passes to forward 3, and forward 3 and forward 4 go 2v1 against defenseman 2 in the other direction.



1. Defenseman 1 passes to forward 1 in the corner.
2. Forward 1 and forward 2 come out of the corner and go 2v1 against defenseman 2 at the near goal.
3. After shooting, forward 1 or forward 2 takes a pass from the coach.
4. Forward 1 and forward 2 then go 2v1 against defenseman 1 to the far goal.
5. Defenseman 3 starts the next play by passing to forward 3 in the corner at the other end.
6. Forward 3 and forward 4 go 2v1 against defenseman 1 at the near goal, then go 2v1 full ice against defenseman 3.



1. Defenseman 1 goes to the corner, gets a puck, and passes to forward 1 or forward 2, who have come off the boards and looped at the top of the circles.
2. Forward 1 and forward 2 go 2v1 against defenseman 2.
3. Defenseman 2 goes to the corner, gets a puck, and passes to forward 3 or forward 4 to start the next 2v1 against defenseman 3.
4. After passing the puck, defenseman 1 goes to the side boards and defenseman 3 moves to the far blue line to take the next 2v1 with forwards 3 and 4.



1. Forward 1 and forward 2 start on the same side, skate across the ice, and take a pass from defenseman 1.
2. Forward 1 or forward 2 passes to forward 3 at the opposite blue line.
3. Forward 3 passes back to forward 1 or forward 2, and forward 1 and forward 2 go 2v1 against defenseman 1.
4. Forwards 3 and 4 start the next play by receiving a pass from defenseman 2.

