

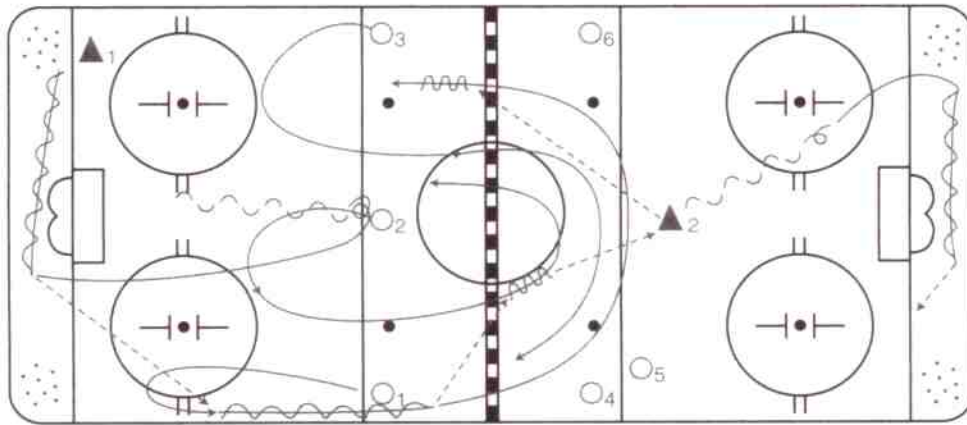
Three-on-One Drills

Three-on-one drills are not overly common in game situations, but they are an effective way for the forward lines to work on passing combinations. In these drills, the players have more space to execute the skills than they do in traditional three-on-two drills. This allows the players to really work on the techniques and skills involved. The drills in this chapter are designed to help players master the basic skills needed for the more common three-on-two. Three-on-two drills are covered in the next chapter.

Generally, in a three-on-one situation, the puck carrier attacks with speed, the second player goes to the net to disrupt the defender (the defender must go with a player who goes past the defender to the net), and the third player trails the play in the high slot. Crossing and drop passes are also used, usually with two of the three forwards executing these moves. Another option is for the middle attacker with the puck to slow up while both wide attackers go to the net to receive a pass on either side. A common mistake is for the attacking players to make too many passes and fail to get a shot on net. One or two passes inside the offensive blue line are usually adequate unless the defenseman is out of position.

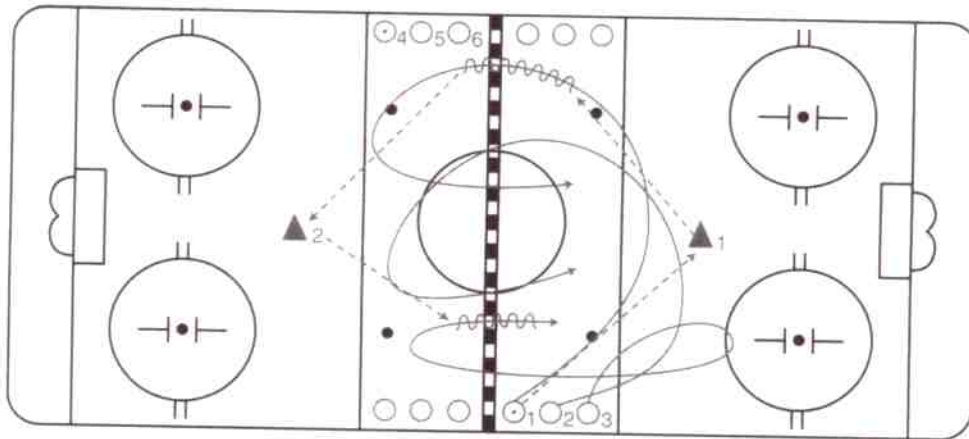
Defensively on a three-on-one, if the puck carrier is in the middle, the defender has little choice but to stay in the middle of the ice. If the puck carrier is on the side, the defender should slightly favor the puck carrier's side of the ice. Staying in the middle enables the defender to cover the middle of the ice, which is the primary scoring area. The defender should try to prevent a shot from the middle of the ice and should not be tempted to chase a puck carrier and leave the middle area open. The goalie has responsibility for the shot from the side, with the defender preventing a pass through the middle. The defender should not allow a large gap between him- or herself and the attackers because a large gap screens the goalie, and most attackers will use this screen and shoot the puck.

1. Defenseman 1 gets a puck, skates behind the net with the puck, and passes to forward 1 for a breakout.
2. Defenseman 1 then skates over the near blue line, pivots, and skates backward.
3. Forwards 1, 2, and 3 pass the puck to defenseman 2, regroup, and go 3v1 against defenseman 1.
4. After passing for the regroup, defenseman 2 skates backward, pivots, gets a puck in the corner, and makes a pass to start the next 3v1 for forwards 4, 5, and 6 at the other end.



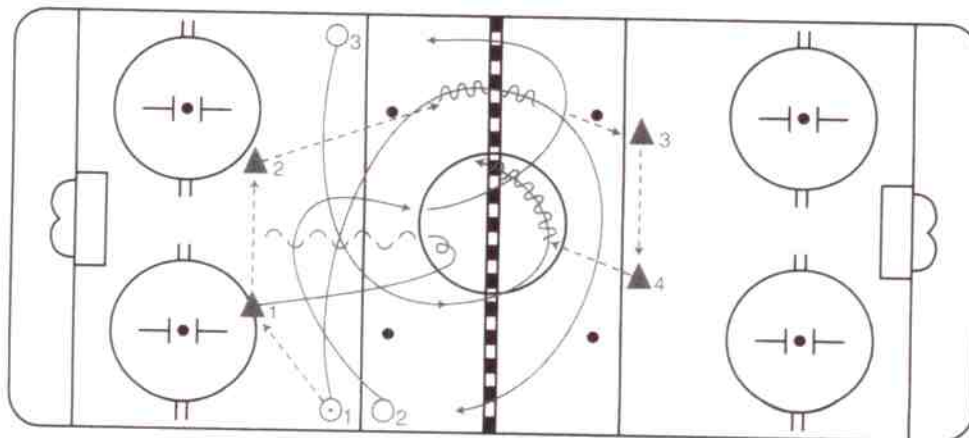
3V1 DOUBLE REGROUP

1. Forwards 1, 2, and 3 come off the side boards and regroup with defenseman 1, then with defenseman 2, and come back 3v1 against defenseman 1.
2. Forwards 4, 5, and 6 come off the boards next and regroup with defenseman 2, then with defenseman 1, and come back 3v1 against defenseman 2 toward the other end.
3. The drill continues with two other groups of three forwards repeating the same pattern.

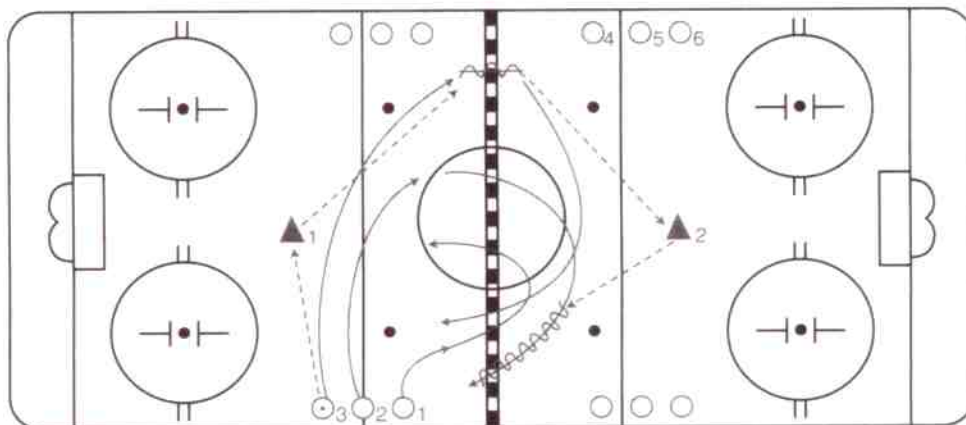


TWO REGROUPS, 3V1

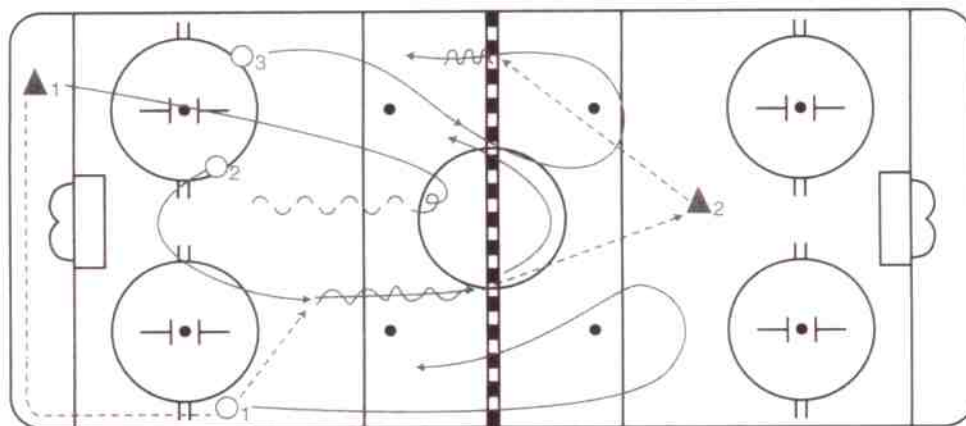
1. Forward 1 comes off the boards with a puck and passes to defenseman 1.
2. Defenseman 1 passes to defenseman 2.
3. Defenseman 1 then skates to the center line, pivots, and skates backward.
4. Forwards 1, 2, and 3 receive a return pass from defenseman 2, regroup with defenseman 3 and defenseman 4, and then come back 3v1 against defenseman 1.



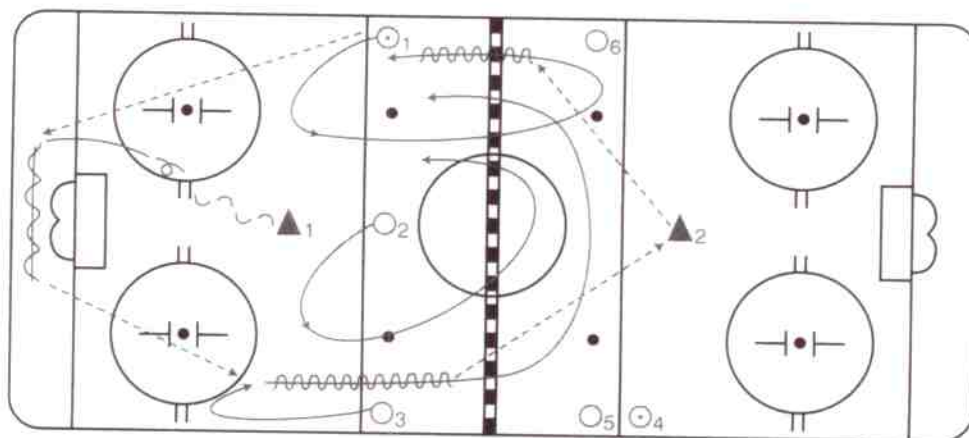
1. Forwards 1, 2, and 3 come off the boards and pass to defenseman 1.
2. Defenseman 1 passes back to the forwards.
3. Forwards 1, 2, and 3 regroup with defenseman 2 and come back 3v1 against defenseman 1.
4. Forwards 4, 5, and 6 start the next 3v1 with defenseman 1.



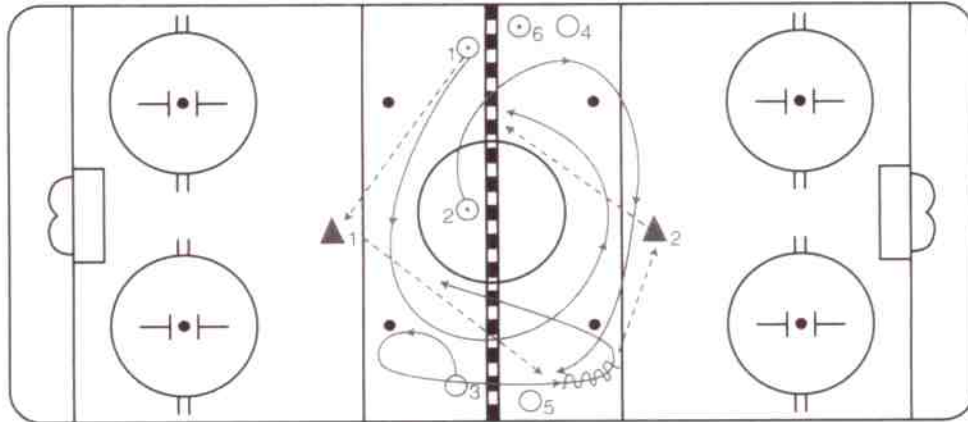
1. Defenseman 1 rims the puck around the boards to forward 1.
2. Forwards 1, 2, and 3 pass the puck and regroup with defenseman 2.
3. Defenseman 1 skates to the center line, pivots, and skates backward.
4. Forwards 1, 2, and 3 go 3v1 against defenseman 1.



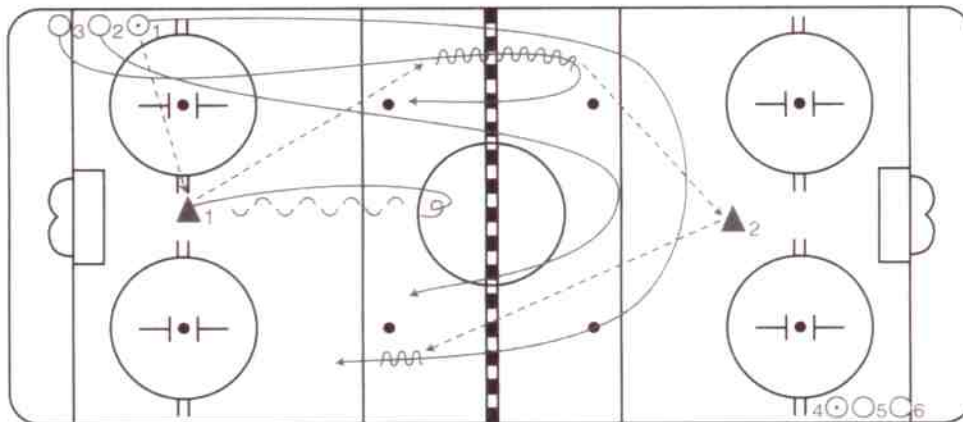
1. Forward 1 shoots the puck into the corner.
2. Defenseman 1 skates backward, pivots, gets the puck, and starts a breakout with forwards 1, 2, and 3.
3. Forwards 1, 2, and 3 regroup with defenseman 2 and come back 3v1 against defenseman 1, who has skated to the center line.
4. Defenseman 1 pivots and skates backward.
5. Forward 4 starts the next play from the other end by shooting the puck in the corner.
6. Defenseman 2 skates backward, pivots, gets the puck, and starts a breakout with forwards 4, 5, and 6.



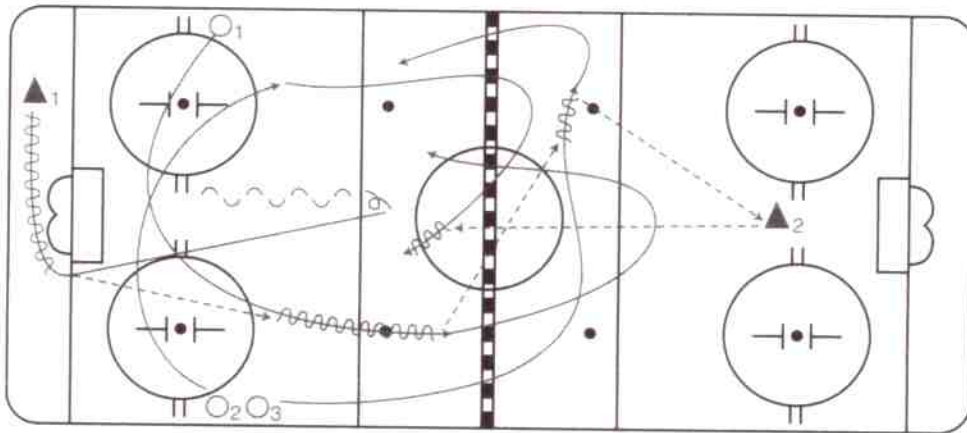
1. Forwards 1, 2, and 3 are on the center line. Forward 1 passes to defenseman 1.
2. Forwards 1, 2, and 3 regroup with defenseman 1, then with defenseman 2, then go 3v1 against defenseman 1.
3. Forwards 4, 5, and 6 repeat the drill, regrouping with defenseman 2 and defenseman 1, and then going 3v1 against defenseman 2.



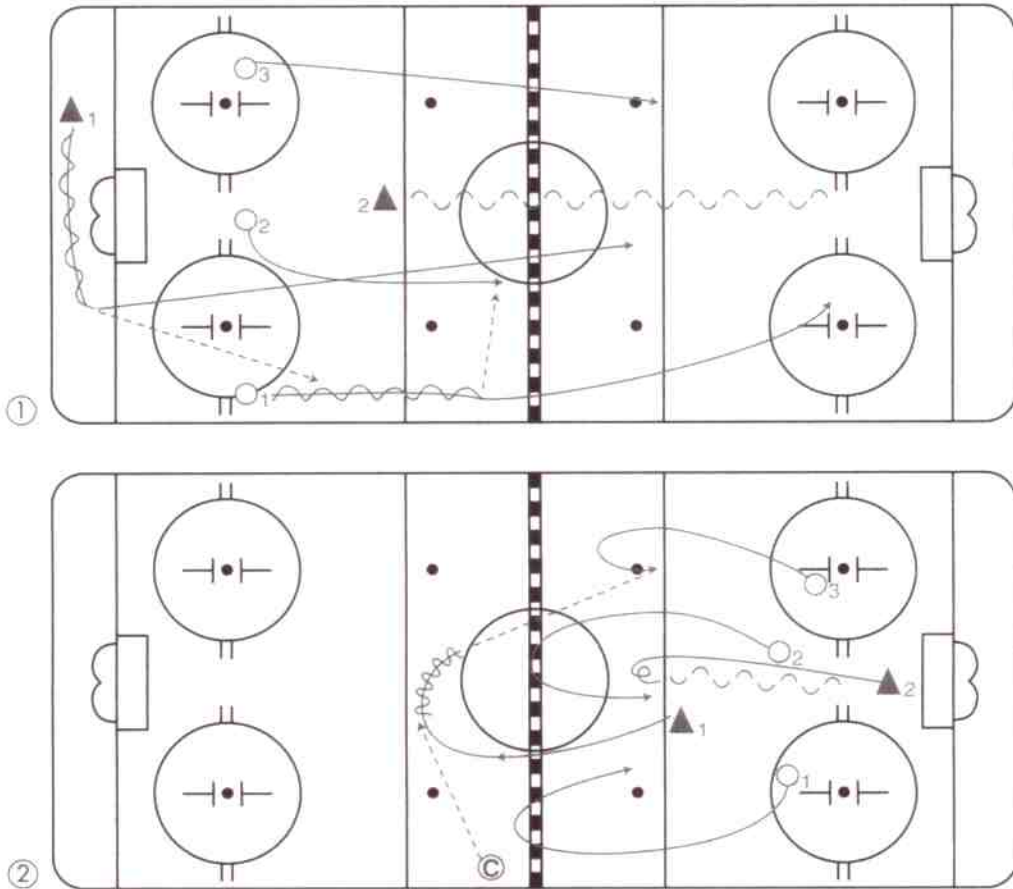
1. Forward 1 passes to defenseman 1.
2. Defenseman 1 passes to forward 1, 2, or 3.
3. Forwards 1, 2, and 3 skate over the far blue line, passing the puck, and regroup with defenseman 2.
4. Defenseman 1 skates to the center line, pivots, and skates backward.
5. Forwards 1, 2, and 3 go 3v1 against defenseman 1.
6. Forward 4 starts the next play by passing to defenseman 2, and forwards 4, 5, and 6 repeat the same pattern at the other end.



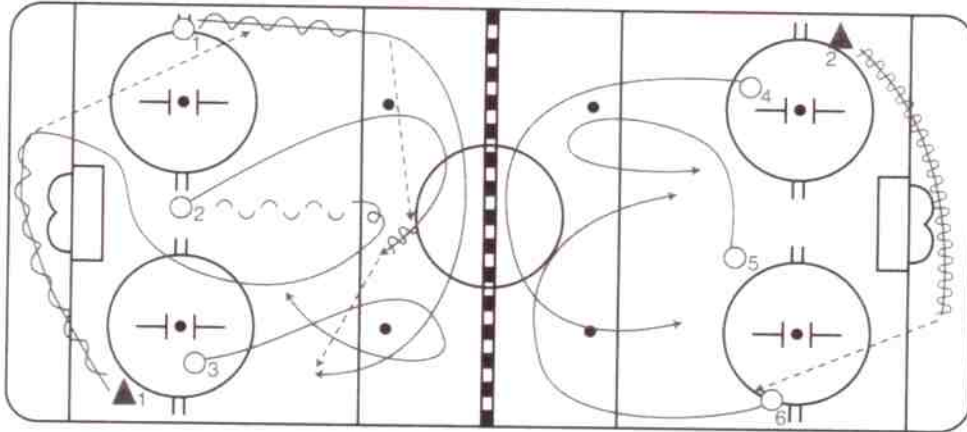
1. Defenseman 1 starts the play by skating behind the net with the puck and passing to forward 1 or 2; forwards 1 and 2 have come off the boards and crossed.
2. Forward 3 skates across at the far blue line and receives a pass from forward 1 or 2.
3. Forwards 1, 2, and 3 regroup with defenseman 2 and come back 3v1 against defenseman 1.



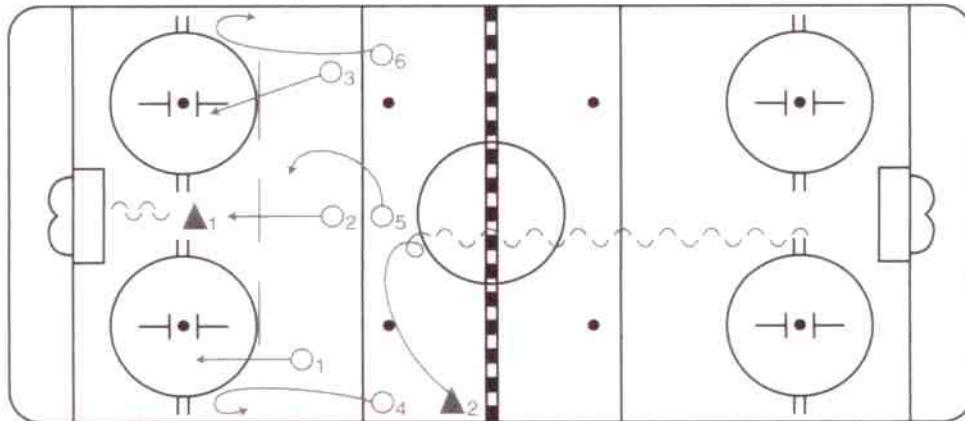
1. Defenseman 1 starts a breakout with forwards 1, 2, and 3 by skating behind the net with the puck and passing to forward 1 or 2 (see figure 1).
2. Forwards 1, 2, and 3 go 3v1 against defenseman 2.
3. After the play on net is finished, the coach blows the whistle. Forwards 1, 2, and 3 come outside the blue line.
4. The coach puts a second puck in the neutral zone (chip back)(see figure 2).
5. Defenseman 1 skates back, gets the puck, then passes to forward 1, 2, or 3.
6. Defenseman 2 comes outside the blue line, pivots, and skates backward.
7. Forwards 1, 2, and 3 then go for a second 3v1 against defenseman 2.



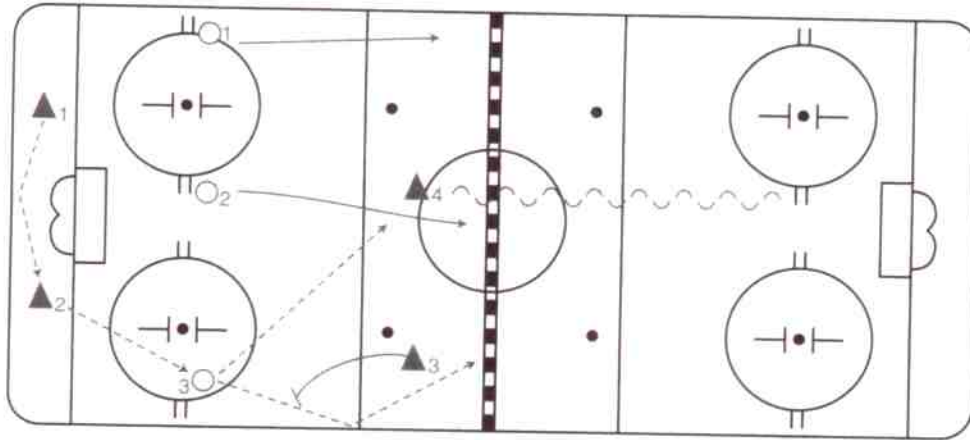
1. Defenseman 1 skates behind the net and passes to forward 1.
2. Forwards 1, 2, and 3 come outside the blue line to the center line.
3. Defenseman 1 skates to the blue line, pivots, and skates backward.
4. Forwards 1, 2, and 3 go 3v1 against defenseman 1.
5. The drill is done at both ends of the rink at the same time with forwards 4, 5, and 6 going 3v1 against defenseman 2.



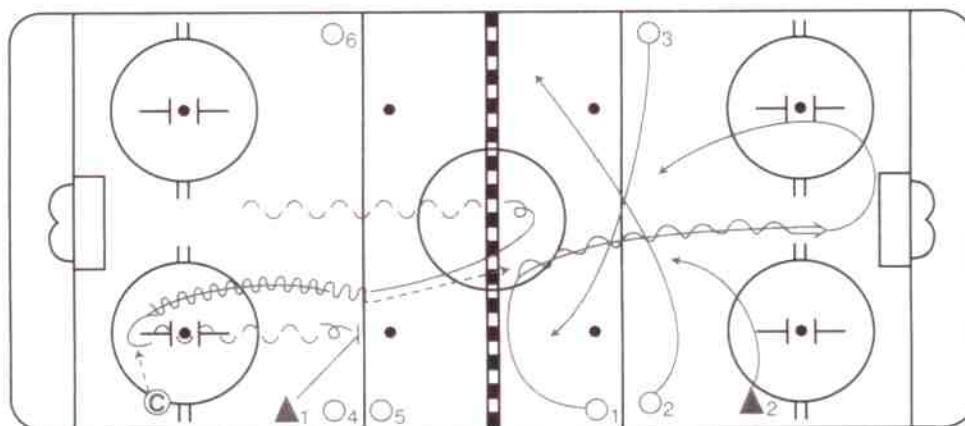
1. Forwards 1, 2, and 3 go 3v1 against defenseman 1.
2. As soon as forwards 1, 2, and 3 pass the top of the circles, forwards 4, 5, and 6 move into position at the top of the circles.
3. When defenseman 1 gains possession of the puck or when the goalie freezes the puck, defenseman 1 starts a breakout with forwards 4, 5, and 6 against defenseman 2.
4. The drill is continuous, using one puck.



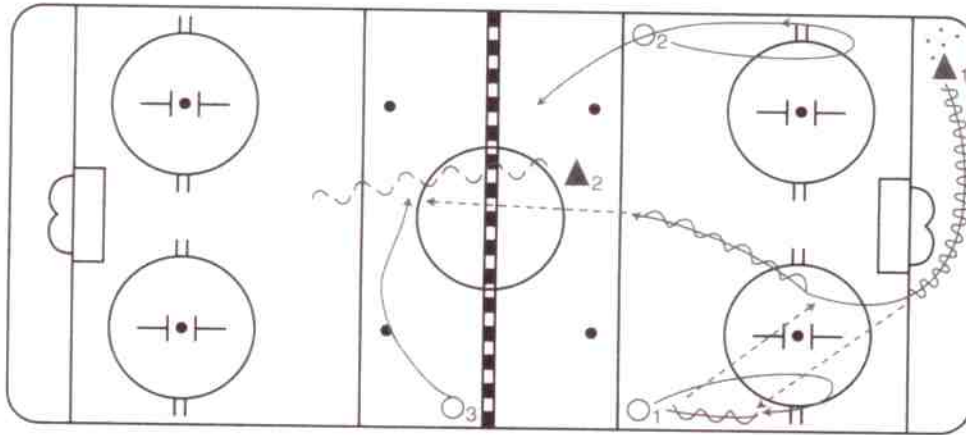
1. Forwards 1, 2, and 3 break out with defensemen 1 and 2, who pass the puck to forward 3.
2. Defenseman 3 pinches in at forward 3.
3. Forward 3 passes directly or off the boards to forward 2.
4. Forwards 1 and 2, with forward 3 trailing, go 3v1 against defenseman 4.



1. Defenseman 1 skates to the blue line, stops, pivots, skates backward, and receives a pass from the coach.
2. Defenseman 1 then skates forward and passes to forward 1 coming off the far blue line through the neutral zone.
3. Forward 1 skates in, shoots, and turns back.
4. Forwards 2 and 3 come off the side boards and join forward 1.
5. Forwards 1, 2, and 3 go 3v1 against defenseman 1, who has skated to the center line and pivoted backward.
6. Defenseman 2 follows the play to the center line and defends forwards 4, 5, and 6 in the next 3v1.



1. Defenseman 1 carries the puck around behind the net and passes to forward 1 along the boards.
2. Forward 1 passes the puck back to defenseman 1.
3. Forward 3 comes off the boards at the center line.
4. Defenseman 1 passes to forward 3.
5. Forwards 1, 2, and 3 go 3v1 against defenseman 2.



1. Forward 1 passes across the ice to defenseman 1.
2. Defenseman 1 skates to the middle of the ice and passes to forward 1, 2, or 3.
3. The forwards skate over the center line, regroup (without a defenseman), and come back 3v1 against defenseman 1.

