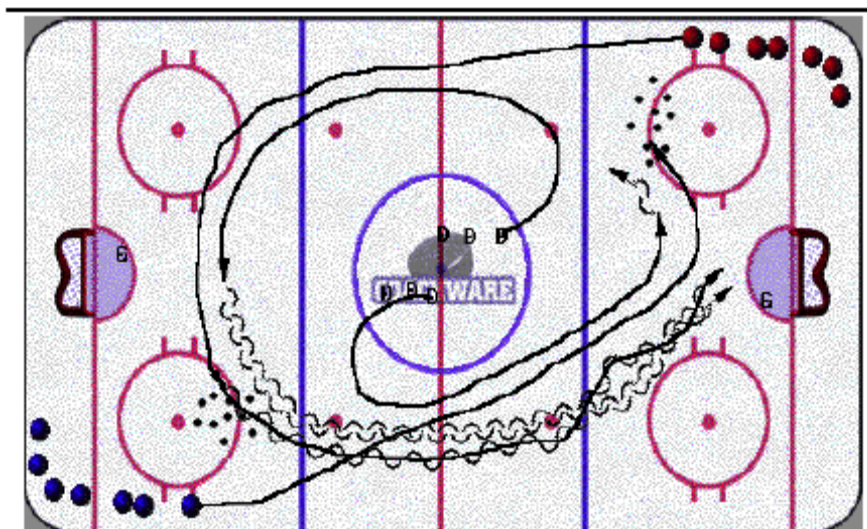


1 vs 1 With Backchecker



Description

D in two lines inside center ice circle facing a line of F's in corners. Pucks at the top of circles in front of each line of F's. F's start near pucks, timing important. Play begins with a F in one corner skating down the ice. The D facing player skates towards this forward and 'mirrors' this player's speed as it increases, in particular when the F picks up the puck. F loops by top of circles in far end and picks up a puck. D must maintain proper gap control while accelerating backwards after D pivots. As soon as this F picks up a puck and moves down ice 1 on 1 with D, the 1st F in that line skates attempting to backcheck and gain defensive positioning on the offensive F (inside with head on swivel). The D facing the backchecking F mirrors that F's speed and position and when that F breaks off the backchecking, that F then picks up a puck from that end and drill is repeated continually with the new lead F from that side now assuming the backchecking position.

Key Teaching Points

- Drill is continuous
- Players must be cautioned NOT to cross into center ice area as well as far face-off circle (when 1 on 1)
- Change sides

Key Execution Points

- Tight gap control
- Communication
- Defensive forward getting into defensive position (inside / beside offensive threat)
- Defensive forward to keep head on a swivel (looking for additional offensive players that may be jumping into play)
- Defenseman to play body
- Offensive player to use body faking