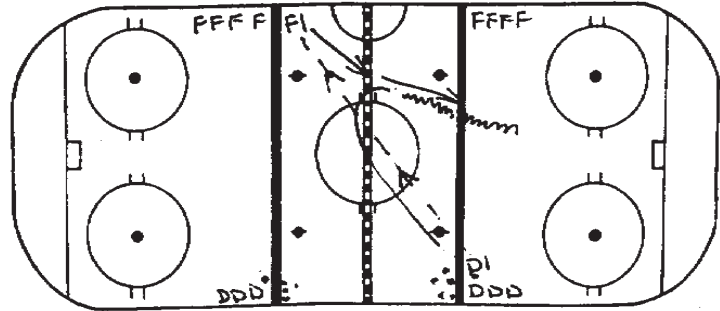


NEUTRAL ZONE CROSS-ICE ONE-ON-ONE

PURPOSE: To improve foot quickness and offensive attack skills of forwards and foot quickness and defensive awareness/positioning of defensemen.

SET-UP: Forwards form two lines along the boards facing the neutral zone at the blue lines on one side of the ice. Defensemen do the same on the other side with pucks at the front of their lines. On the whistle, D1



passes the puck across to F1 and skates to position himself for the one-on-one (closes the gap). As soon as F1 receives the pass from D1 he attacks, starting the one-on-one. The forward should concentrate on attacking with speed and work on offensive tactics (change of pace, penetrating the triangle, protecting the puck, etc...). The defenseman should focus on gap control, good positioning (between the forward and the net), always facing the attacker, and foot quickness. Make sure the defensemen challenge themselves; make them get to the red line if possible before they pivot to skate backwards.