

REACTION 1 X 1

PURPOSE: To improve defenseman awareness and reaction skills in the defensive zone.

SET-UP: A defenseman is positioned between the hash marks in front of the net facing the blue line. The coach has directed the forwards as to which order they will proceed during the drill and they move to a spot in the zone, one in each corner and one behind the net.

On the first whistle, the player designated as F1 takes a puck and drives to the net to score while the defenseman must react and challenge him. After a shot or confrontation, the coach blows the whistle to signal F2 and then repeats process for F3. The defenseman is forced to recognize who has the puck and move quickly to defend against him.

