

## 1-ON-1 WITH SECOND EFFORT

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**PURPOSE:** To work on a one-on-one situation and react to a second play.

**SET-UP:** Forwards line up at the hash marks and defensemen begin at the blue lines. On the whistle, F1 and F2 attack D1 and D2, respectively. At the conclusion of the play, a second pass will be made by a coach to the forwards (so they can try to create a shot in front of the net) or to the defenseman in line. He will then shoot the puck at the net as F1 and D1 (and F2 and D2) battle for position in front of the net. A new group begins on the next whistle.

