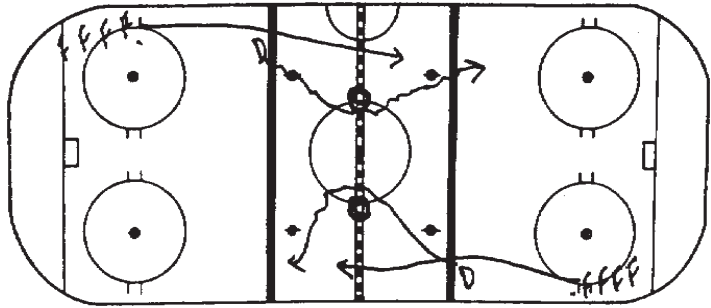


1X1 AROUND THE TIRE (OR CONE)

PURPOSE: Create a 1x1 situation and force the defensemen to move laterally.

SET-UP: Forward lines starts at the hash marks at both ends (F1 and F2). The defensemen line up in the center circle. The first defenseman on each side (D1 and D2) start on the blue line, positioned so that their sticks can touch the boards (for advanced players, start the defensemen either on their knees or stomachs).



On the whistle, the forwards (each carrying a puck) and the defensemen start moving. The defensemen must skate backwards, never turning their backs on the puck carriers, moving laterally around a tire or cone (which is positioned where the red line meets the center circle), and adjusts to pick up the forward. The defensemen cannot pivot to skate forward (if necessary) until after they go around the tire. To add a second-effort element to the drill, have a coach in the corner