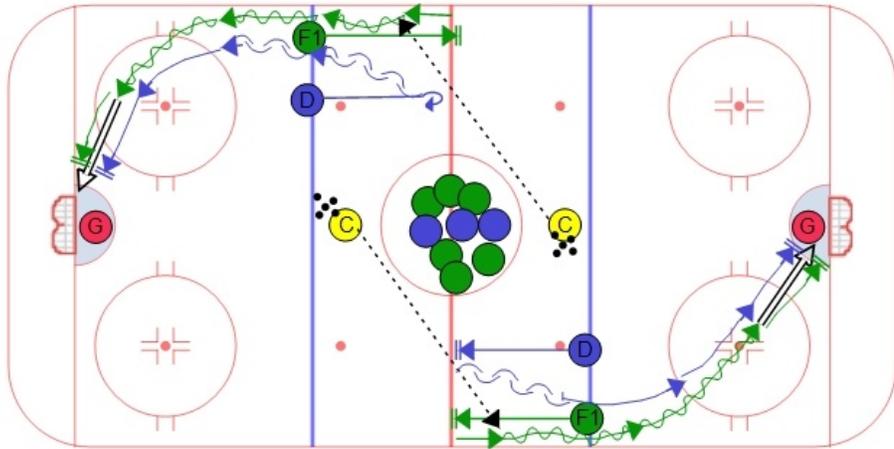


Danger Zone 1 on 1



Notes / Coaching Points

Description

This one on one drill focuses on an area of the ice where a lot of turnovers occur because players chicken out and stop moving their feet. This drill sets players up in a situation where the sole purpose is to have them keep moving their feet as they enter the zone, fighting through the check if they have to. The drill is set up with the pucks and coaches in the middle of the ice at about the edge of the center face-off circle with pucks. The extra players are inside the center circle out of the way. The forward starts on the blue line along the wall and the defense start on the blue line just inside the dots.

On the whistle both players skate up to the red line and stop. The forward calls to receive a pass from the coach and the defense transitions backwards. The defense should take away as much space as possible and pressure the forward at or before the blue line. The forwards have several options. The first is to use their speed and gain the zone to the outside. If the defense are able to play them at the blue line then they can give themselves a soft chip inside the zone and keep their feet moving through the check. If the defense do not do a good job at the blue line and allow the forward to enter the zone with space then the forwards can cut to the middle of the ice. It is important that the forwards get the puck down deep into the zone in this situation.

This 1 on 1 drill is for a very specific part of the ice. More 1 on 1 situational drills can be viewed on our [1 on 1 hockey drills page](#).