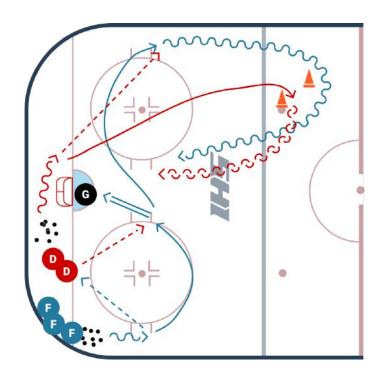


## Eagles Half Ice - 1v1



## Description

The purpose of this drill is to allow defensemen to work on establishing a breakout pass, and setting/maintaining their gap. Forwards have the opportunity to work on receiving a break out pass along with passing and a quick release shot.

Key factors of the drill:

- Defense setting and maintaining an appropriate gap, making accurate/hard first pass for a breakout
- Offense quick release/shot of puck when receiving pass, receiving breakout pass and transitioning up ice

This drill can both run out of both ends simultaneously. On the whistle the forward (F) takes a few strides out, transitions and makes a pass to the defenseman (D). The F then skates around the circle and receives a pass back from the D in the shooting lane and quickly releases the puck for a shot on goal. After making the pass to the F the D picks up a puck from behind the net, carries it around and makes a breakout pass to the F who has curled to the far boards to receive it. Both players than skate out to their respective pylons and transition for a 1v1 battle.

To prevent a scoring opportunity it is important that the D set a tight gap (one stick length) and maintain it for the duration. Emphasis is to be placed on having the D watch the attacking players body position (rather than the puck) while attempting to angle the player to the outside of the zone.

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