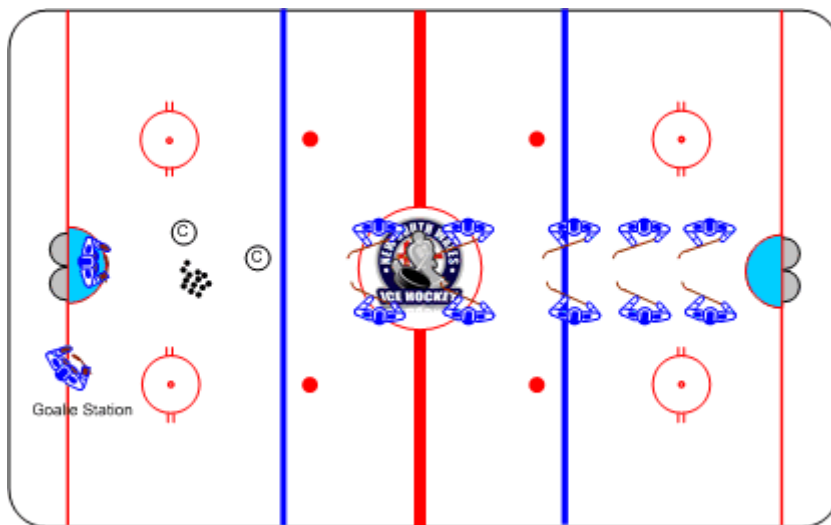




1-on-1 Cross-Ice Games

Duration: 7 mins

- Players compete in pairs, playing 1-on-1 cross-ice. A goal is scored by freezing the puck against the opponent's boards for 3 seconds. Players to designate an area prior to game.
- Play continues after each goal



Coaching Tips

- Puck protection
- Non-contact body position on the defensive side
- Encourage the use of deception (a variety of fakes)

Execution Tips

- Maintain high tempo throughout the duration
- © to monitor tempo and safety