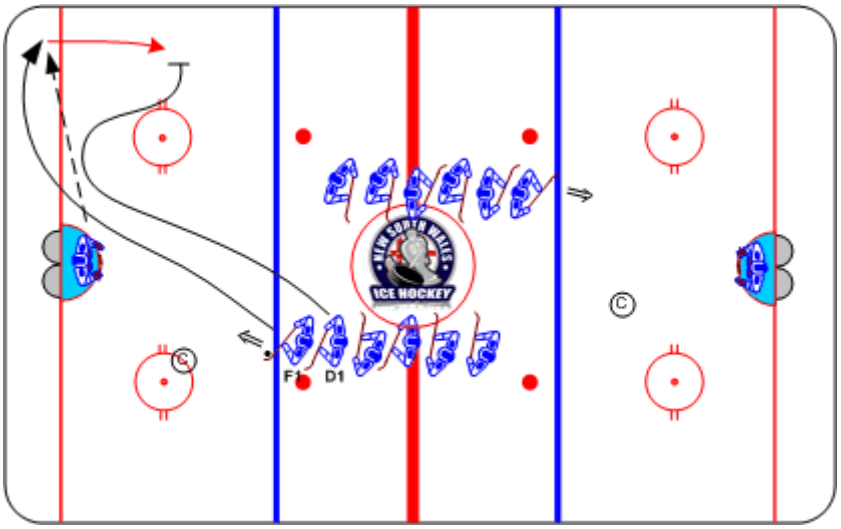
1-on-1 Bear Pit, Modified

Duration: 10 mins

- **F1** shoots on goal. Goalie moves the puck to corner. **F1** moves in to gain possession
- **F1** plays 1-on-1 against **D1**, attacking back to the net
- **D1** attempts to create a turnover and must carry the puck out of the zone
- © whistles at 15 seconds; clear zone; next group



Coaching Tips

- Puck protection or attack triangle
- Variety of fakes
- Defender position or stall and contain

Execution Tips

- Tempo
- © should have extra pucks for poor rebound control
- **F1** does not go behind net