B5-6, 1-1 x 2 From Blue Line and Corner - Svenska

Key Points:

On offense protect the puck, shoot while skating and follow the shot for a rebound. On defense play from the net side with the stick on the puck. Stay with the attacker and control the stick after the shot and then look for the puck.

Description:

- 1. Attacker and defender leave from the blue line and the passer is on the other side of the ice above the dot.
- 2. Attacker skate into the slot for a pass and the defender skate backward.
- 3. First pass is in the slot and battle to score and defend.
- 4. Second pass happens when the first battle is over and the puck is shot into the far corner.
- 5. Attacker protect the puck vs. defender and battle to get to the net and score.

http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbanken/

Swedish Hockey site Mot 1-1 situation one.

https://skydrive.live.com/?cid=bd6fa116988317e9#cid=BD6FA116988317E9&id=BD6FA1169887E9&id=BD6FA1169887E9&id=BD6FA1169887E9&id=BD6FA1169887E9&id=BD6FA1169887E9&id=BD6FA1169887E9&id=BD6FA1169887E9&id=BD6FA1169887E9&id=BD6FA1169887E9&id=BD6FA1169887

