

C600 1 on 1 to a 3 on 2

Key points:

This is a very popular drill especially at the higher levels using the C600 formation with the players lined up against the boards behind the blue lines. You get full ice situations. Use this drill and then create transition games with the same situations so the plays are finished by fighting for rebounds and making breakout passes. The first pass is made by F1 and not F3 as the diagram states.

Defense must move their feet and close the gap in the neutral zone. The forwards must attack with speed.

Description:

1. F1 skate between the dots with a puck.
2. F1 pass to D2 and mirror the puck for a return pass.
3. D2 skate hard sideway or make a tight turn and pass to F1.
4. F1 attack and try to score vs D1.
5. F2 start the same drill passing to D3.
6. D3 drive skate and pass to F2.
7. F2 attack 1-1 vs D2. - Repeat in alternate directions.

Variations:

- Add a regroup.
- Add players for situations, 2-1, 1-2, 2-2, 2-3, 3-2.

Players are in the B600 formation

1 F3 skates out with puck

2 F1 passes to D2

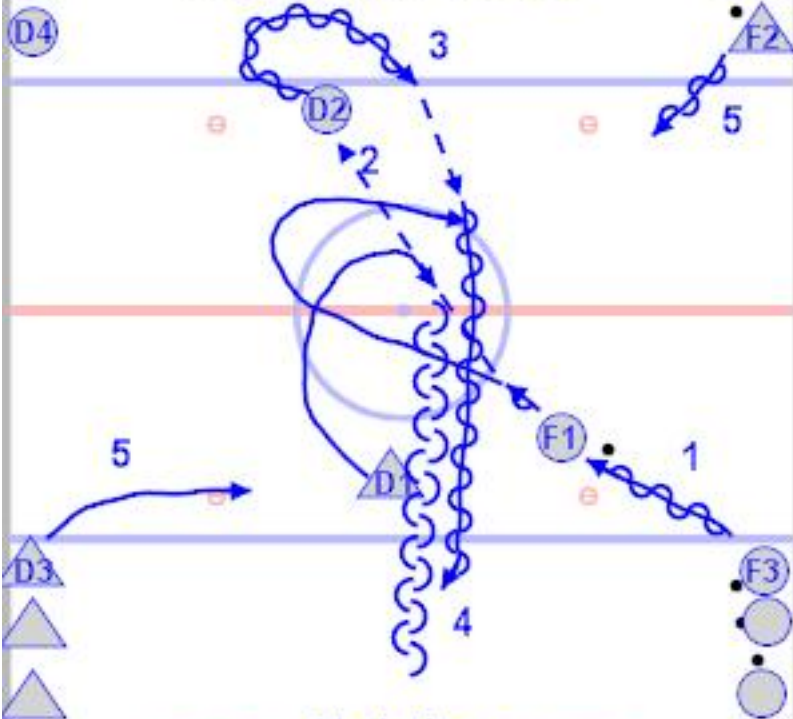
3. D2 drive skates and passes to F1

4. F1 tries to score 1-1 vs D1

5. F2 starts the same drill passing to D3

6. D3 drive skate and pass to F2

7. F2 attack 1-1 vs D2



Variations

a. Add a second regroup F1 back to D2

b. Go to 2-1, 1-2, 2-2, 3-2,