

Title : 1v1 Battle

Category #1 : Small Area Games

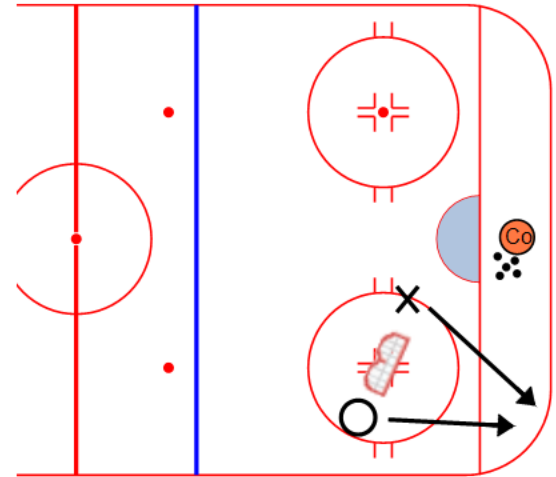
Category #2 : Battle

Description

Simple battle drill.
Players begin on their stomachs.
Coach puts puck in the corner and players battle for control.
Let play go for 15-20 seconds.

Make sure players are aware of defensive side positioning during the battle.

Drill can be run as 2v2, 3v3 or odd man 2v1, 3v2 as well.



Key points:
