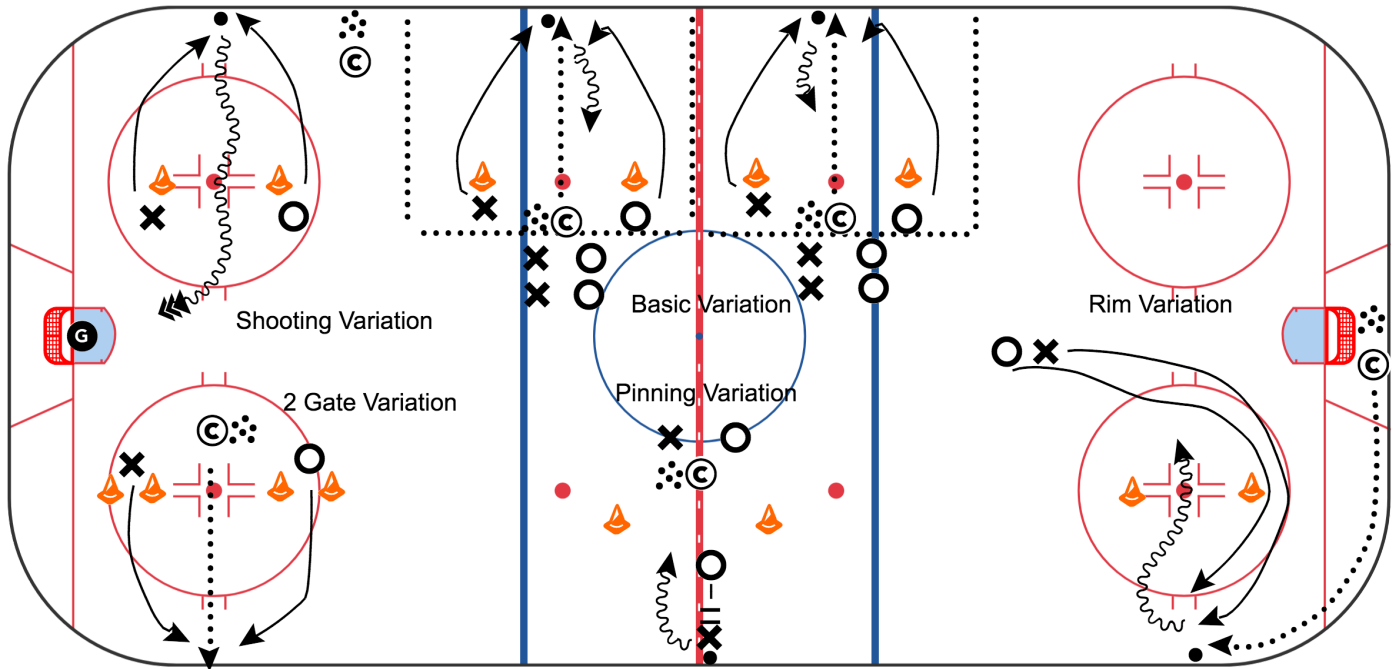




Skate Thru Gate 1v1 Variations



Description

GOAL: Help players to build confidence with physicality to win battles along the wall.

Basic Variation: Two players start at cones and coach passes puck against wall. Players battle for possession and look to skate the puck through the gate from outside to inside. If puck leaves immediate playing area, coach can throw in a new puck. Drill should last 10-20 seconds.

Shooting Variation: Same as above but player who skates it through the gate is rewarded with a shot on net.

Pin Variation: Players start in a pin with the puck in between the pinned player's feet. On the coach's go, the players battle for possession and look to skate puck through the gate from the middle of the ice. Can end with skate through gate or a shot on net.

Rim Variation: Two players skate down through middle of ice. Coach rims puck so that 1st player gets 1st touch. Off that initial touch, players are battling for possession - both are trying to skate it through the gate. If no shot to finish, coach can rim from behind net (as shown). If a shot at end, coach can rim from behind net.

More Challenging Variation - Two Mini Gates: Set up is same but there are two mini gates. Player with possession can skate through either gate and defender must react accordingly.

Key Points

- For puck carrier - Win The Wall:
 - Use body to gain inside position
 - Build a wall (puck-you-bad guy)
 - Build an escape route - give yourself stick length of space between you & wall so you can spin off either way
 - Spin & sprint - spin off your check and accelerate out of contact to skate through gate
- For defender - Contain - Pressure - Obtain:
 - Regain middle position - if you lose the possession battle, get back to the middle position ("goalside") to protect the gate
 - Get stick on puck, body on body - look for a pin and keep your chest facing the attacker (stops & starts, staying square)
 - Control their stick - use stick lifts and/or body on stick to regain position/possession
- Logistics - drill can be done anywhere along wall, choose groups so players have 1:2 or 1:3 work:rest ratio