



“1 on 1’s are hard to execute, so shooting through a screen probably is the best option”

OFFENSIVE ZONE – 1 ON 1s – 6 PLAYS

What are our options coming in 1 on 1 with the puck across their blueline:

1. Skate wide past their D, cut in on net and shoot – this may work if their D is high just inside their blueline and if you are moving forwards faster than their D is moving backwards. He may not be able to move laterally fast enough
2. Skate right at their D and put the puck between their D’s skates and behind him – tough to do unless you get him off balance and moving laterally first
3. Skate right at their D fast and slow down at the last seconds stickhandling moving the puck from side to side expecting he will try to poke check the puck, and when his stick comes forward to do so, you can accelerate and push the puck between his stick and skates and move past him as he will be for an instant leaning towards you, and that’s all you will need.
4. Come in wide and fast and slow down in the last seconds and change the angle you come in so you can gently flip the puck over his stick into open ice beside you, accelerate and beat their D to the puck with quick feet, and then cut in on net. If his speed going back and laterally is slower than yours this may work
5. Try to get their D to take a step forward and lunge to bodycheck you and miss as you turn sideways and keep skating, sliding the puck behind him. Make him make the first move.
6. Cross their blueline with great speed and then slow down encouraging their D to back in beyond the top of our circle, pull the puck back and sideways and shoot between their D’s legs on goal using their D as a screen, and go hard for your own rebound

The last suggestion is probably the most reliable option depending on your skill level and their D’s skill level.