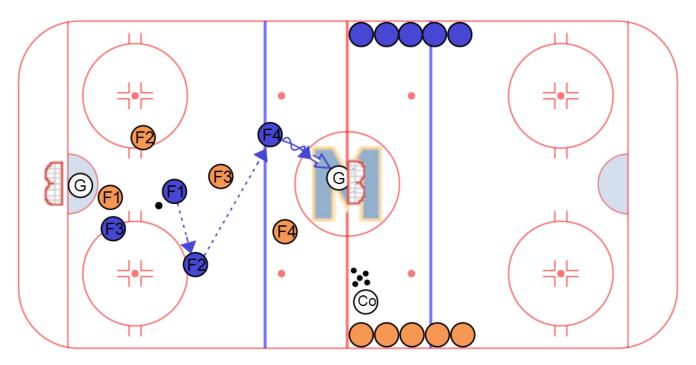


EN 1 Touch



-Game is played 4v4 on half of the ice (red line in).

-Teams can score on either net but, before they can score, they must make a one touch pass to a teammate other than the teammate who passed them the puck (in example shown, F2 can one touch this puck to F4 or F3, but not F1).

-When one touch pass is made, team can score on either net until they lose possession. If they lose possession and gain it back, they must make another one touch pass before scoring.

-If orange team steals the puck, they also must make a one touch pass before scoring.

VARITATIONS: Can also play this cross ice (2 nets) or in one zone (blue line in) with 1 net set up in crease.

This drill encourages players to develop their awareness, decision making, and hockey sense. To be successful in this drill, players must play with their head up and constantly scan the ice. They must have an idea of what they are going to do with the puck before the puck comes to them (it's not possible to purposefully make a one touch pass to a teammate other than the teammate who passed it to you if you don't have an idea of what you're going to do with the puck before you get it). It also encourages players to look for the right situation for a one touch pass. A one touch pass is an incredibly useful tool but it is not the right tool for every situation. In this drill, there will be plenty of situations where the one touch pass is not the right decision and will result in a turnover. Players will need to learn to recognize situations where the one touch pass is the correct play. If it is not the correct play, they will learn to recognize that, hold on to the puck, and look to create another opportunity. Players will also learn to find space to support the player with the puck as well as how to become the "3rd player" (supporting the 2nd player who is about to get a puck rather than supporting the puck carrier himself) which is an important concept for creating offense.