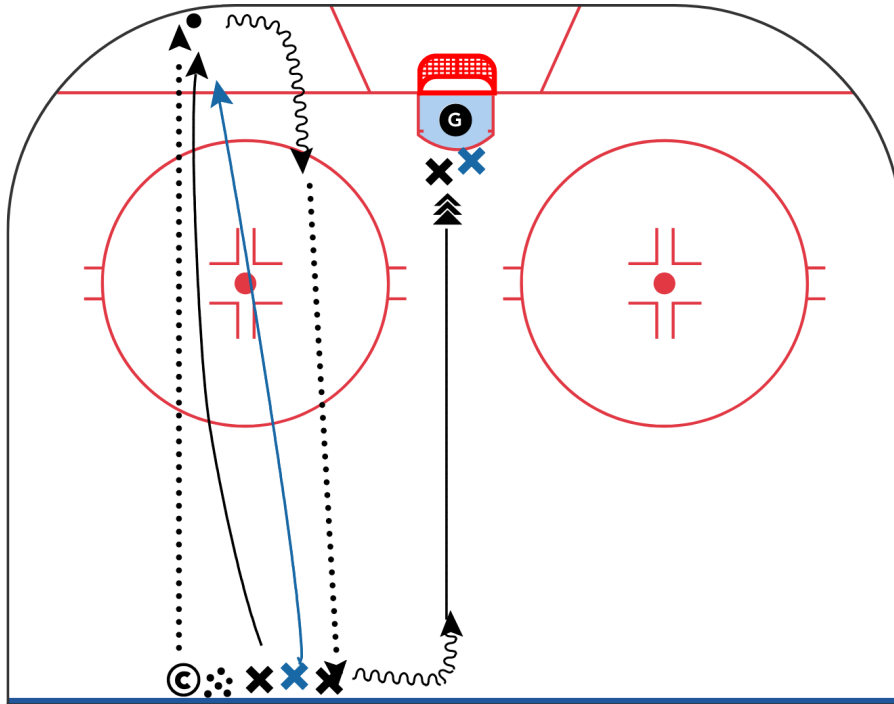




# 1v1 Battle Low to Net Front Battle with Point Shot



## Description

**1v1 version:** 2 players battle for possession low of coach dump in. Whoever wins possession and passes to coach is on offense and is trying to score. Player who doesn't make the pass up becomes the defender and is trying to skate the puck out.

## Variations:

- **F & D:** identify who is attack and defender before puck is dumped in
- **2v1:** have two forwards recovering puck and battling for net front position against one defender
- **Shooter:** change position of shooter (top of circle, on wall so more of an off angle shot for goalie)

## Key Points

- Win your battles
- Attacker: take away goalie's eyes and get stick on puck
- Defender: maintain inside position and control attacker's stick