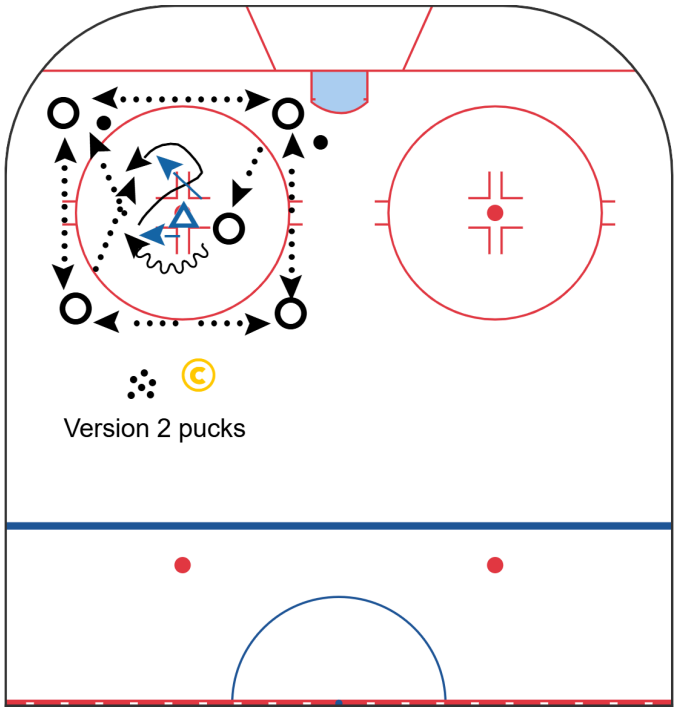
Circle Chaos Bumper 1 vs 1



Description

Organization

- 4 to 5 players are positioned around the outside of the circle as support players.
- 1 offensive player and 1 defensive player compete inside the circle in a **1 vs 1 situation**.
- The coach manages puck flow, timing, and player rotations.
- The defensive player does **not use a stick** and instead carries a contact bag / blocking pad to create physical pressure.
- Work shifts last **20 seconds** at high intensity.

Description

At the whistle, the offensive player must move to become available and receive a puck from one of the outside support players.
Once the puck is received, the player must protect possession under pressure and scan for the next option.
A key rule of the game is timing:

- The offensive player inside the circle must keep possession for a **minimum of 3 seconds** before making a pass.
- The outside support players must move the puck in **less than 3 seconds** whenever they receive it.

The coach counts out loud (**1…2…3…**) during each inside possession to reinforce timing and decision-making.
After receiving a pass from one support player, the inside player must pass to a **different support player**.
Meanwhile, the defensive player uses body contact and the pad to physically disturb, pressure, and unbalance the offensive player.
With two pucks constantly moving through the drill, players must process information quickly and make decisions in a chaotic environment.

Key Points

- Get open and create passing lanes
- Protect the puck under physical pressure
- Scan before and after receiving
- Use body positioning and deception
- Respect timing rules (3 seconds inside / under 3 seconds outside)
- Quick decisions in a chaotic environment
- High compete level for 20-second shifts