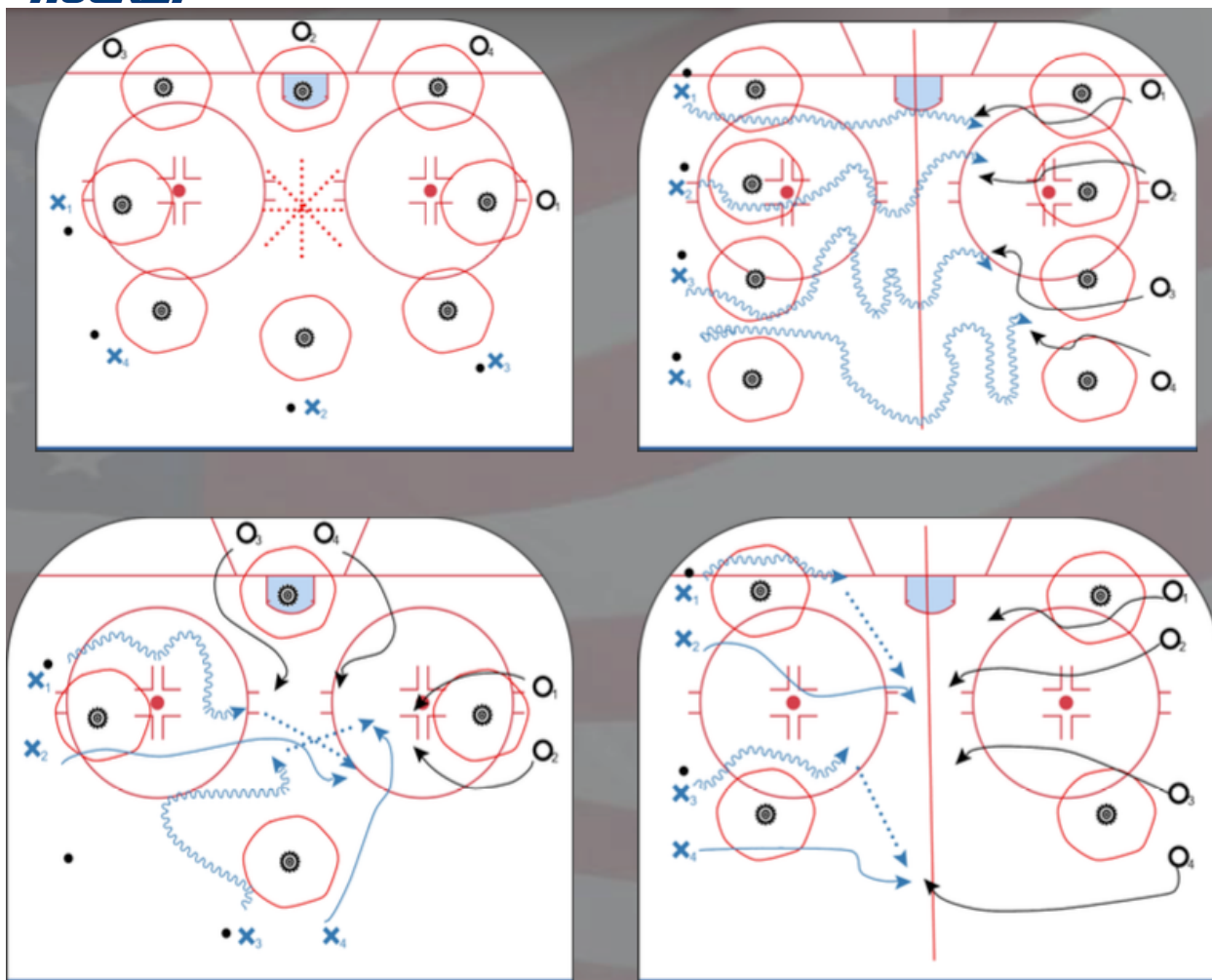




Eyes Up 1 v 1 → 2 v 2 Game

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Description:

- Place 8 tires (or cones) as show in diagram. With ice marker draw a circle around each tire.

Divide the players as show. The tires are acting as the goal. Players *can not* shoot at the goal (tires) unless they are inside the red circle.

- The defending player *can not* just stand in the circle and play goalie. A player can skate through the circle but *no goalies*.
- All the X's have a puck and the O's do not.
- X1 is playing 1v1 vs O1. The tire they are standing in front of is the goal they are defending. X2 vs O2, X3 vs O3 & X4 vs O4.
- Each 1v1 is focused on trying to score **ONLY** on their opponents tire. X1 scores on O1 etc.
- Each 1v1 can **ONLY** play their puck.
- There are four 1v1's going on at the same time.
- The drill is called EYES UP because it's complete chaos with four 1v1's going on at the same time.
- After a goal is scored on a tire that player must retreat to the middle (shown in the diagram) and than can start to attack the player with the puck.

Progression:

- Switch players periodically so different players are playing 1v1 against different opponents.
- After about 5-7 mins removed four tires. Leave X1/O1 tires and X2/O2 tires. Now split the groups and play 2v2.
- There are two 2v2s going on at the same time. Same rules apply as the 1v1s.

Coaches Involvement:

- Encourage them to keep their eyes up. Make plays and don't just throw pucks away. They should be protecting the puck and not exposing it.

