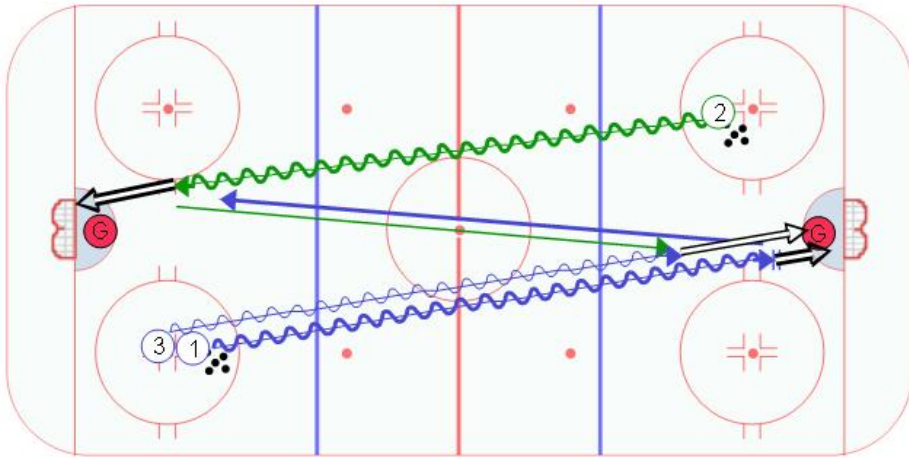


1 on 0 with Backchecker



This ice hockey drill is good for straight away speed and it is a great anaerobic workout. It also emphasizes stopping and backchecking. The drill starts as the first two players skate full speed down the ice on a 1 on 0 and shoot with their feet moving. After the shot they stop, and backcheck against the next player in line who starts when the shot is taken. The competition within the drill should motivate players to skate harder than they would in a drill where pucks or competition is not present.