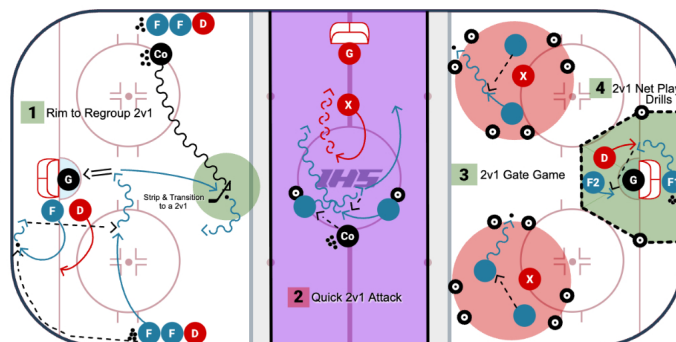


# CREATING OFFENSE IN 2 V 1 SITUATIONS

Tuesday, October 21st, 2025

**Please Note:** The Practice of the Week is designed to bring value across multiple age levels. You can use this to build ideas to develop your own practice. With that being said, we highly encourage you to adjust the drills based on your team's age and skill levels. IHS should always be used as a starting point and you can add/remove layers to fit your team.

**Practice Theme:** 2v1s are dynamic, not static, they appear, disappear, and can be recreated multiple times within a single shift. Great players recognize when they have an advantage and know how to extend it through movement and awareness. This practice plan is focused on puck support & capitalizing in different 2v1 situations.



## Coaching Points

### 1. Commit the Defender

Use speed, angle, and deception to draw the defender into a decision. Change pace, attack through the middle (on the rush), and hold the puck until you force commitment, this is when the lane truly opens. Take the shot if it's given.

### 2. Stay Available, Not Parallel

Good support players stay on different levels from the puck carrier, slightly higher or lower, to keep a passing lane alive. Avoid drifting parallel which makes it easier to defend.

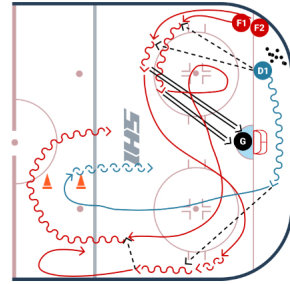
### 3. Be Ready to Attack Space

As soon as the defender commits or overplays, jump into open ice. Whether it's a quick release or a drive to the net, your next action turns opportunity into offense. Try to one-touch your shots when possible.

## Eagles Half Ice 2 on 1

### Details:

This is a variation of the Eagles half ice 1 on 1 drill. Now we add a forward to make it a 2 on 1. The forwards all line up in the corner without pucks. The defense line up just inside the forwards with the pucks as shown in the diagram. To start the drill F1 skates up along the boards and receives a pass from D1. F1 receives the pass, skates around the circle and takes a shot on net. F1 then continues around the circle. F2 follows F1 out of the corner and also receives a pass from D1 out of the corner. After their shot, F2 transitions around the bottom of the other circle to receive a breakout pass from D1. F1 times their break into the slot to receive a pass from F2. F1 and F2 then continue outside the blue line and transition back against D1 in a 2 on 1 situation.



### Suggested Drill Lists

- Breakout Drills
- Half Ice Drills
- 2 on 1 Drills

**Station Number:** Both Ends Of Ice

# Rim to Regroup 2v1 Drill

## Details:

This is a great 2v1 drill that allows for work on both along the wall retrievals and regroups in the neutral zone.

## SETUP:

- This is a half ice drill so the net should be in its usual spot on the goal line with a goalie in net.
- This can only be run out of one side at a time. One line should start at the hashmarks along the wall and F2 and the D can be standing in front of the net ready. F1 will be the first player in line on the hashmarks.
- There should be a coach with pucks on the other hashmarks on the other circle along the wall.

## HOW THE DRILL WORKS:

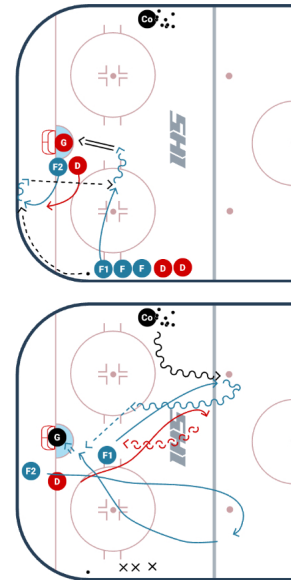
- To start the drill, F1 will rim a puck down behind the net and jump to the slot to be ready for a pass. F2 and D will go battle for the puck below the net, F2 will do their best to get the puck and pass it to F1 in the slot for a quick shot.
- After the shot, the coach will start to skate up the ice with a puck about in line with the dots closest to their starting hashmarks. F1 will go chase them down and stick lift to take their puck just before the red line. F2 is getting out of the zone as quick as they can to help regroup with F1. D skates up and times their transition to leave as small of a gap as possible.
- F1 and F2 will regroup and attack the zone 2 on 1 against D.

## COACHING POINTS:

- Defensively, D should be aware of their stick position and gap control. Since they are outnumbered, they should be playing smartly.
- Offensively, F1 and F2 should be communicating, skating fast and making good passes to each other in both the rim, retrieval, and regroup.

*This video was from the Buffalo Sabres 2023 Dev Camp. A huge thanks to the Buffalo Sabres for making these practices public and sharing them with the hockey world.*

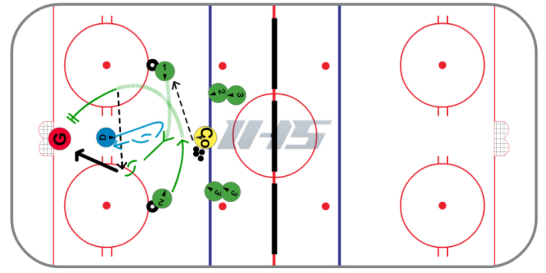
**Station Number:** Station #1



## Quick 2 vs 1 Attack Situational Drill

### Details:

This situational 2 on 1 drill practices attacking and defending 2 on 1's off of a turnover. This particular situation comes up frequently after a turnover occurs in the offensive zone and the loose puck is obtained by the attacking team. It is important for the forwards to transition quickly to the net while the defense holds their ground and works to force a bad angle shot.



### Setup:

A coach or player passes to one of the two forwards to start the drill. The two forwards cross each other and attack the net as quick as possible. The coach or player that is passing the pucks should alternate what side they are passing to so all players remain alert.

This can be set up as a half ice drill or as a 1/4 ice station drill. The 1/4 ice set up is great for younger players, limited ice space or if you want to reduce the amount of time and space available to make decisions.

### Forward Coaching Points:

Forwards starting with the puck should attack quickly and consider a few options to create space from the defender so they can get off a shot or slide a pass to the other forward. A few options consider:

- Drive wide
- Drop pass
- Fake shots and passes to freeze goalie and the defender (use deception with eyes, head, body, and stick)
- The forward without the puck should be reading the play, communicating and jumping to space to give your teammate an outlet.

### Defending Coaching Points:

- Hold the middle and try to force a bad angle shot.
- Have good stick position with the blade of the stick flat on the ice.
- Do not swing and sweep your stick. Swinging your stick opens up passing lanes and gets you off balance.
- Use peripheral vision to watch both players.

**Station Number:** Station #2

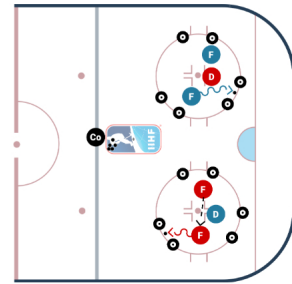
## 2 v 1 Gate Game

### Details:

**Objective:** A 2 v 1 battle game where the offense works to protect the puck, keep possession, and skate through the gates while the defense tries to create turnovers.

### Description:

- 2 v 1 with three gates setup around a circle.
- Players with puck attempts to score points by carrying the puck through the gates while the defense tries to create turnovers.
- If the defense gets the puck they can skate through the gate for points as well.
- Keep score: 1 point for a successful stickhandle through a gate.



### Points of emphasis:

- Offense:
  - Skating and deception move to win space
  - Protect the puck with body positioning
  - Readiness to regain puck possession after losing puck possession
- Defense:
  - Keep stick on the ice to block passing lanes
  - Blade on blade to create turnovers

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**Station Number:** Station #3

## 2 v 1 Net Play Drills for Defensemen

### Details:

2 v 1 Net Play Drills for Defensemen from Marty Wilford provides coaches with three different setups that allow defenders to practice their net-front skills while forwards work on attacking from down low.

## Setup

### Setup 1 – Behind the Net:

- Pucks start behind the net, with one forward (F1) positioned behind the net and another forward (F2) in front of the net. A defender is stationed out in front.
- On the whistle, F1 retrieves a puck and drives to the front of the net. F1 and F2 work together to score while the defender attempts to stop the play.
- After the coach blows the whistle, F2 skates behind the net to retrieve a puck, while F1 moves to the front. They attempt to score again, with the defender continuing to defend.

### Setup 2 – Corners:

- This setup follows the same structure as the first, but the play begins from the corners instead of behind the net.

### Setup 3 – Opposite Corner:

- Similar to the previous setups, the play starts from the opposite corner.

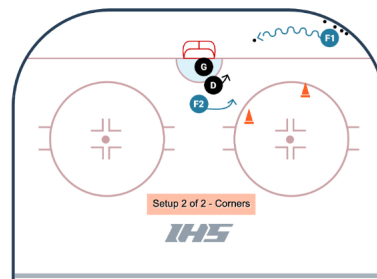
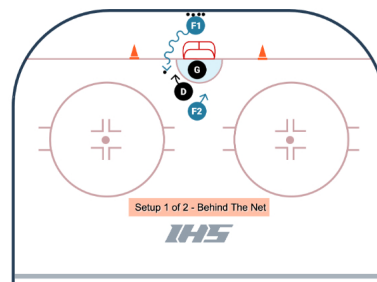
## Coaching Points

- Defenders should keep their sticks on the ice to block passing lanes and maintain awareness of both forwards at all times.
- Defenders must stay in a strong hockey stance to protect the front of the net effectively.
- Forwards without the puck should find open ice in front of the net.
- Forwards with the puck should focus on driving the puck to the front of the net and using their teammates when they are open.

## Variations

- This drill can be set up in any of the three locations mentioned above.
- Coaches can modify it into a 2 v 1 or 2 v 2 game for additional challenges.

**Station Number:** Station #4



## 2 V 1 Quick Strike Game

### Details:

#### Description

The 2 v 1 Quick Strike from [Kendall Coyne Schofield](#) is a great small area game for practicing quick developing 2 on 1's for both offense and defense. The game should have a lot of scoring and pace to it.

#### Set Up

- Set up 2 nets on the half wall in an offensive zone
- Draw a line (or place a few cones/tires) in the middle of the zone going from the blue line to the end boards (through the crease)
- Each side has 2 forwards, 1 defenseman and a goalie
- Players who are not in the 2 v 1 should keep the puck in along the blue line

#### Game

The objective of the game is to play up to a certain number, team "X" vs team "O"

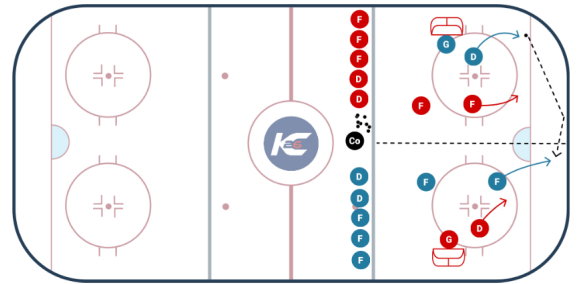
- Coach passes a puck in or chips it in for a battle
- Forwards are trying to score
- Defense is trying to get the puck to their forwards on the other side of the ice to activate the 2 on 1
- As soon as the puck crosses over to the other side, the 2 forwards and defensemen clear out and 3 new players come in
- Players can go anywhere on their half of the ice
- If a goal is scored, the coach should reward the scoring team with another puck
- This game should be continuous, but the coach can dump in another puck if one clears the zone or the goalie freezes it
- Keep Score!

#### Variation

- After the defenseman transitions the puck to his or her forwards, they are allowed to activate and cross to the other side
- If this happens, then one of the forwards (from zone that was just cleared) can also activate, making it a 3 v 2
- This version is a little more skating and has more decisions involve

#### Coaching Points

- 1Quick shots and quick passes
- 2Players on the side without the puck should work to be an outlet for their teammate (get open, call for the puck and present your stick as a target).
- 3Defensive players need to keep their heads up and make quick decisions to transition the puck to their teammates



**Station Number:** Both Ends Of The Ice

### Details:

## Coaching Points for Defending 2 on 1's

- Hold the middle and try to force a bad angle shot.
- Have good stick position with the blade of the ice flat on the ice.
- Never let the puck carrier cross in front of the goalie's eyes.