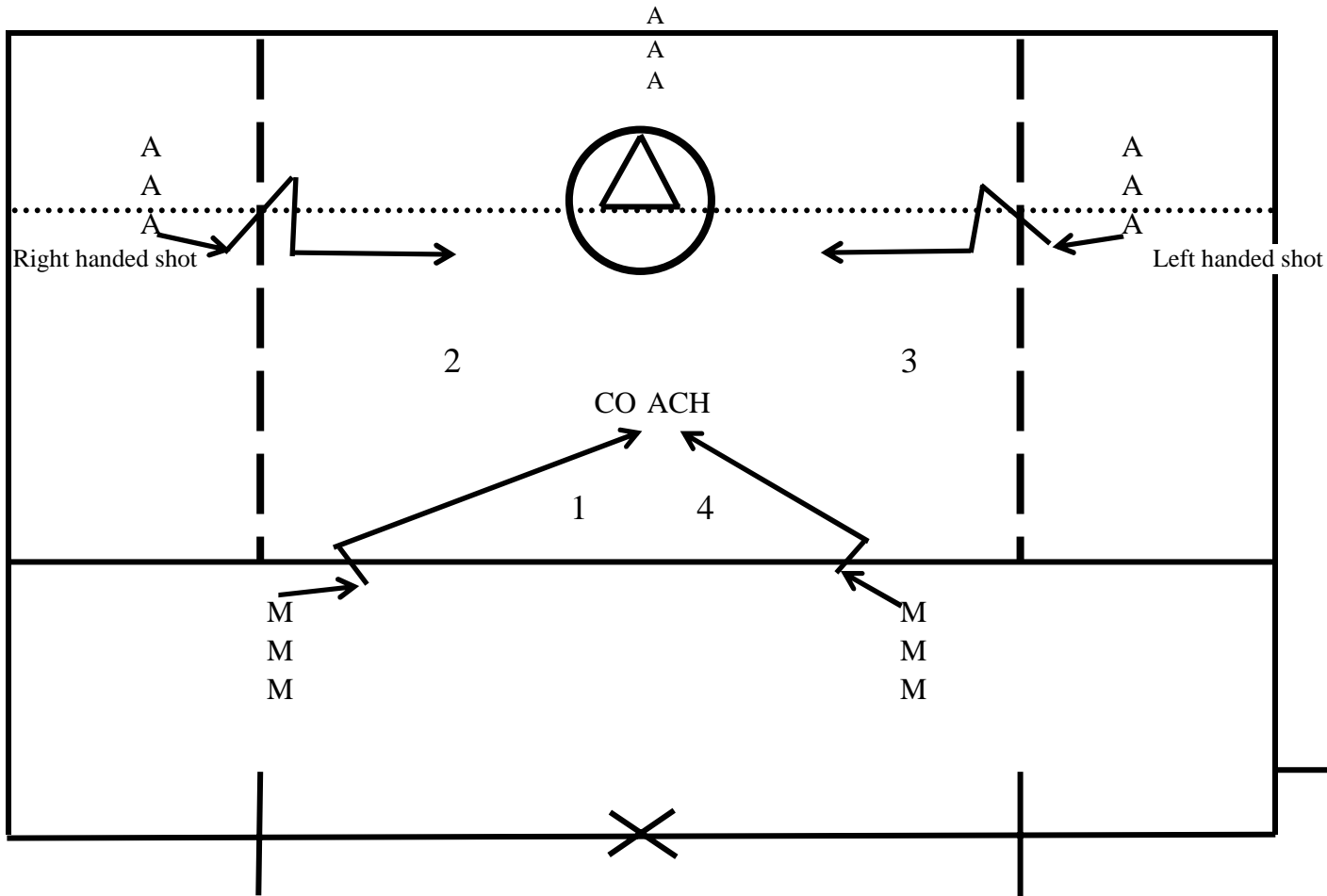


# 1 on 1 (5 corner)



## Steps

1. Each Corner has O & D line
2. Simple 1 on 1 from each corner  
"Go to the Goal" and takes shot with appropriate hand
3. Shoot before he reaches the COACH  
Coach can have player "dodge" him to shoot
4. Work "around the clock"
5. Shot or take-away ends it
6. Players switch O&D in each corner
7. Each corner switches after everyone has done O&D

## Keys

- |         |  |
|---------|--|
| Offense | <p><b>Middies Make quick "Shake and Bake Move"</b></p> <p><b>Attack</b> protect stick with Body and Free Arm</p> <p>Shoot with both hands from all corners (inside and outside roll)</p> |
| Defense | <p>Force him away from goal</p> <p>Stick position, body position, footwork</p>   |
| Shot    | <p>Shoot from your Ear</p> <p>Shoot while "On the Run"</p> <p>Shoot to the Goalie's Offside Hip</p>  |
| Other   | <p>Be patient....Get control of ball first, run away from pressure</p> <p>Always go to the ball</p>  |