

ONE TIMERS

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The one timer is a deadly scoring attempt that results when a player blasts a pass without stopping it. It causes many problems for the goaltender because the play happens so quickly and because the goaltender is frequently caught by surprise.

There are certain situations in the game when you might expect to see the one timer. The most common situation occurs when you are killing a penalty and the other team passes between their defensemen. When their trigger man gets the soft pass they like they will 'tee' it up.

Another common time for the one timer to rear its ugly head is on a 2 on 1 where the wide guy lays it back for the trailer to blast. The goaltender who has great lateral movement and a keen sense of anticipation will turn the one timer into another routine save.

There are some clues or triggers that will give this play away:

- 1) Look for open players who have their sticks half-cocked. Sometimes a player will "ask" for a one timer pass by holding their stick back in a pre slap shot position.
- 2) They also can call for the one time pass by raising their stick over their head to signal a teammate or by tapping their stick on the ice.

Be very aware of the danger man and get an idea before the pass occurs where approximately it will be released from when he drills it. Challenge at the top of the

crease and especially on a one timer be sure to use a closed stance.

This is frequently a "hit me" save because if it is executed properly you physically can not react to the puck. You must rely on great positioning and allow the puck to hit you.

A tight butterfly or paddle down will work well on this if you challenge at the top of the crease. If you can prevent the puck from going through any holes and you made a good read on the play, then it is going to take a big time shot to beat you.

Advanced Tip

These one timers are frequently practiced at the higher levels and are very accurate. Since people in front don't like pucks in the face most shots should be low. Many one timers come gift wrapped with a screen so use this tendency to your advantage.