

C3 - Full Ice 2 on 2 F Backcheck

Key Points:

Players in the corners have to be ready with a puck to join the play and they have to think and the defense must communicate with the backchecker who to take. Forwards try to get scoring chances. Skating drill. Have to work hard and communicate.

Description:

1. Forwards in each corners and defensenmen in the middle of the ice.
2. Drill starts with a 2 on 1.
3. Two forwards attack down the ice and the forward that shoots the puck is finished.
4. The forward who doesn't shoot turns to either corner.
5. The corner he chooses to go to the forward goes with him 2 on 2 the other way.
6. The forward in in the corner doesn't turn to has to backcheck to make it a 2 on 2.
7. Its continuous. Back and forth. Have to think. Defense has to pick up 2 on 2 both ways.
8. Do it for 5-7 minutes.
9. Kind of a hidden bag skate.

