

C3, 2 on 2 With Forwards Attacking Wide from Above the Circles

Key Points:

Defense must keep their heads on a swivel and sticks in the passing lanes and communicate. Control the attackers sticks in the slot. It is a battle to gain the net side between the attackers and defenders.

Attackers protect the puck and use quick turns, picks and pivots. Defenders stick on the puck and body on body always fighting to maintain the defensive side.

Description:

Practice the offensive and defensive skills of a 2-2 with the forwards wide and starting above the circles. The D has to communicate while seeing the puck and their man. Forwards protect the puck, cross and fight for rebounds.

1. Forwards start from the wide lane along the boards. The wide forward come from behind the net for a pass.
2. Defense start from the middle lane above the circles.
3. Play until a scoring chance and rebound. If the puck is shot out the coach puts in another puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140609101353976>

