

C600 - 2-1 x 2 – Pro

Key Points:

Offense should attack with speed and force the D to make a decision early by the first play near the blue line. This allows for a second play. D should delay the attack as much as possible and defend the most dangerous player allowing a bad angle shot, deny shots from the middle and puck crossing the mid-line.

Description:

1. F's line up at diagonal blue lines and D's at opposite diagonal blue lines.
2. D1 pass up the boards to F1.
3. F1 skate to the middle and pass to F2 who crosses behind as D1 closes the gap.
4. F1-F2 attack 2-1 vs. D1.
5. Coach mirror the play from the high slot. (A player could also do this)
6. D2 pass to F3 and F4 skate back and cross to attack D2 the other way.
7. Finish the attack with a goal, frozen puck or D pass to the coach.
8. Players watch to see which attack is finished and start the 2-1 in that direction.

- * D and goalie make it a 2 on 2 and allow the goalie to be square to the puck.
- * After a shot the D takes the stick of the player at the far post and goalie play the rebound.
- * Attacker should pass on the forehand if he is on the off wing or shoot is the D lets you walk in.
- * This is a great drill and it could be random with 1-2 or 3 F attacking and 1 or 2 defending. The players would have to read the play and communicate.

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