

T2-4 Low 3-3 – Pro

Key Points:

Players line up at the top of the circles and play a low 3 on 3. Defender pass to the coach if they get the puck. You can break into two groups and have all of the players attack and defend.

Description:

1. Three forwards vs. two D and one F.
2. Start with the coach passing to one of the attacking forwards.
3. Defenders cover one attacker each and stay on the defensive side.
4. Closest defender be aggressive and have 'stick on the puck and body on body' positioning on F1.
5. Second closest be within a stick length of the second attacker F2.
6. Third closest be half way to their F3 and pressure if he gets a pass.
7. Return to the mid-slot if you lose your man.
8. Attackers cycle and change the point of attack by passing behind the net.
9. Attackers rotate so there is always a high F3 ready to shoot or backcheck.

** D1 make the original challenge when the puck is in the corner.*

** F1 defend if the puck is at the hash or high slot and D2 start from the slot.*

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