

## T4 - F3 Mirror-Backpressure - F1-F2 Backtrack – Pro

### Key Points:

F1-F2 forecheck deep while F3 mirror for a pass in the high slot F1-F2 backtrack hard on transition. When the puck goes side to side F3 Backpressure the puck carrier while F1-F2 Backtrack to the slot and pick up attackers. Good sticks, no hooking, defense play tight gaps.

### Description:

1. Start with the offensive D skating behind the net and pass to the C or W.
2. Defend with F1-F2 below the goal line and F3 high in the slot on the strong side.
3. F3 mirror the puck covering their C then backpressure the first pass.
4. F1-F2 back track through the middle lane to the slot and pick up attackers.
5. D1 pick up the C if he gets a pass and play a tight gap on the strong side.
6. D2 skate back through the middle and pick any attacker on the weak side.
7. Defend from the net out with 'one man on and a box behind, combined zone man on man.
8. 3 F's come back hard and first F back play the low 3-3, second mid-slot, third strong side point.

\*D1 pinch on any wide rim and F3 fill behind.

\*If the breakout is on the strong side then F3 pressure the pass to the boards or middle.

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