

B6 - 3-0 Middle Drive - 5-0 RG Sequence – Pro

Key Points:

Fast break attack. Go hard to the net with a middle drive. Add a chip out on the breakout. Attack with 5 and one D is the trailer. Repeat with a regroup.

Description:

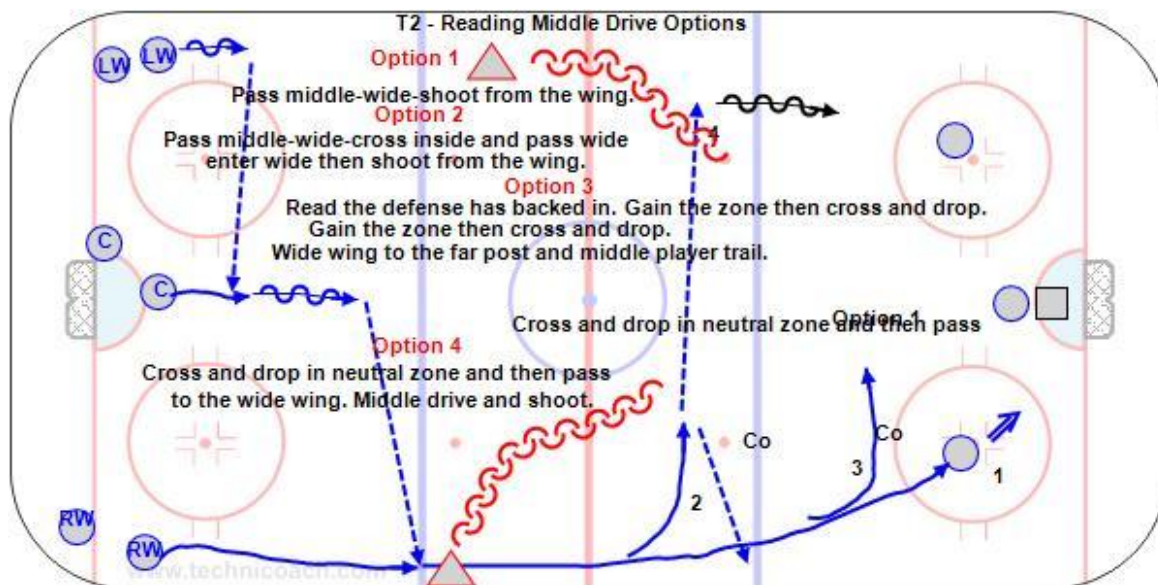
1. Start with C to W to C to other wing and C middle drive. Two coaches defend the middle lane. Shoot from the wing and all three look for the rebound.
2. Start C to W chip out over blue line to C, far wing middle drive and other wing skate to the weak side. One coach defend first blue line and two coaches offensive blue line.
3. Attack 5-0, C to W to C to other wing, middle drive and middle D 4th attacker as the trailer. After the attack all 5 come back and the coach spots a puck in the neutral zone for a regroup and another 5-0 attack.

* Forwards fill the 3 lanes, face the puck, give a target.

* Do any passing sequence including back to the trailing D for a shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160903111521683>

<https://youtu.be/aecP7-WSLPI>



Video Clips of Middle Drive Practice with Various Teams

B6 3-0-Middle Drive Options - Pro

<https://youtu.be/6Rgi1yo2dAg>

B6 3-0 Attack Options - Pro

<https://youtu.be/2X0zh5gTh6g>

B6 3-0 Rush and Entry - Pro

<https://youtu.be/hwl2dOEKMYI>

B600 Regroup, Hinge, Middle D Rush-Pro

<https://youtu.be/RyYLjSBnCPA>

T2 - 3-0, 3-2, RG 3-2 - Middle Drive – Pro

<https://youtu.be/rw8a4lV4TDw>

T2 - B4 - 3-0 BO - D Middle Drive – F2 Trail - Pro

<https://youtu.be/tmqeZFbKlxQ>

T2 – Breakout – 3-1 D Join Rush - Pro

<https://youtu.be/YuffpdMsLa4>

T2 B6 3-0 Attack Options - Pro

<https://youtu.be/iczxajmzhNY>

B6 3-0 Middle Drive - U18

<https://youtu.be/1bREtYey8To>

B6 - Middle 3-0 Middle Drive – SW

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2014062310072386>

B4 - Middle Drive 3-0 - U18F

<https://youtu.be/c87MAnUj8qw>