

DT100 - Continuous 2-1 - Passive Support – Pro

Key Points:

One puck with no whistles. Go for the rebound but defenders allow transition after the puck is out of the scoring area. Move the puck quickly and make the first pass early in the offensive zone. Extra players rotate in from the boards in the neutral zone. This is a great template either active or passive to work on situations up to 3-2. i.e. Have D1 join the rush, F1 back pressure, D1 and F1 join the rush etc. to create many situations.

Description:

1. Start with a 2-1, F1-F2 attacking D1. F3-F4 and D2 follow the play into the zone.
2. After the puck is out of the scoring area F1-F2 allow D1 to make a breakout pass to F3-F4.
3. F3-F4 attack the other way 2-1 vs. D1.
4. F5-F6 and D3 follow ready for a new 2-1.

*This can be made into an active 3-3 at each end by finishing the play.

*Keep score and create a game and play situations 1-1 to 3-2.

*Regroups in the neutral zone and dump-ins create opportunity to work on breakouts and forechecking.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20160922094456914>

<https://youtu.be/CoUI2PxuCLQ>

