

T2 - Middle Drive 3-0, RG 3-0, 5-0 RG, 5-2 RG 5-2 – Pro

Key Points:

Drive to the net from the middle lane and it takes a D to cover, another to defend vs. the puck carrier leaving the third player to be picked up by a back checker. The trailer is the fourth attacker on the rush, usually a defenseman.

Description:

1. Players start from one end and attack the other goal.
2. Start 3-0 with a coach taking away one option at the far blue line.
3. Options: wide lane pass off the pads, wing and centre switch, centre to wing to wide wing.
4. Repeat and two coaches defend at the far blue line and one coach defend the near blue line.
5. Start with a wing and centre switch when the puck is chipped out behind the first coach.
6. RG with D 3-0.
7. Attack 5-0 then coach spot a new puck in the neutral zone, regroup and attack 5-0 again.
8. Start with a 5-2 attack then regroup with a new puck and attack 5-2 again.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161010175239100>

<https://youtu.be/UaMPe2mco78>

