

T2-4 - Team Play Review – Pro

Key Points:

Defense get between the dots on the regroup with a quick up and only D to D if the first pass is denied.
Forwards give support on the boards and in the middle. Everyone back track to the defensive zone.
Forecheck F1-F2 in deep, F3 mirror from slot.

Description:

1. Coach spot a puck and 5 man unit does a neutral zone quick up.
2. Attack 5-2 with middle drive and D as the trailer.
3. Repeat from the other side with another quick up and 5-2 attack.
4. On the whistle players back track to a coach deep in the defensive zone.
5. D1 on the puck hard, D2 net front, F1 low support, F2 net front and middle point, F3 strong side point.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161018105735105>

<https://youtu.be/igPIW-lb-l4>

