

T1-3 Low 1-1 and 1-2 – Pro

Key Points:

Fight on offense to gain net side and on defense to defend from the net side. On the breakout vs. a forechecker the first one back must un-weight the checker with a fake and the supporting player must get open for the best outlet pass.

Description:

One End

1. Coach pass the puck to player 1 near the blue line on the boards.
2. Player 2 comes out around the pylon and defends
3. Player 1 try to score while player 2 defends and try to pass to the coach.
4. When the play ends player 1 now defends vs. player 3 who gets a pass from the coach.

Other End

1. Player 1 and 2 break out vs. 3.
2. Coach spots a puck and 3 retrieves it vs. pressure from 1-2.
3. Player 2 support in a board battle or get open for an outlet pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161206133955976>

<https://youtu.be/JPQkMk5O1uM>

