

Pro Practice 3-8-17

Key Points:

Defense join the rushes. Middle lane drive. Pass of the pads. Rebound every shot.

Description:

Breakouts

Regroup and 2-1

Power Play with one D and with two D

Penalty killing

Transition 3-2 to 5-5 continuous

Take rim, pass and shoot

Screen and tip

One timers

2-0 flow

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170308163000176>

<https://youtu.be/zDo0FR2ILLc>