

T2-B600 Middle Lane Drive 3-0 - 2 F and 1 D - Pro

Key Points:

D jump up and join the rush. First one over the blue line drive the middle lane to the net and the other two save ice forming an attacking V. Pass to either player or the fourth player on the rush or shoot.

Description:

1. Start at the 4 blue lines, F one side F and D the other.
2. D1 pass cross ice to F1 at the far blue line.
3. F2 cut to the middle from the opposite blue line.
4. D1 join the 3-0 skating up the wide lane.
5. F2 skate hard to the next through the middle lane.
6. F1 pass across to D1 just inside the top of the circle.
7. D1 shoot and all three crash the net for a rebound.
8. D2-F3-F4 repeat in the other direction.
9. Defense switch sides to so the shots come from the other wing.

* To make this a situational drill 1, 2 or 3 attackers could defend the next attack at the same net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170316155301683>

<https://youtu.be/mAG8TtOmymQ>

