

## C3 - Continuous 1-1, 3-1, 4-2 - Pro

### Key Points:

Attack with speed and defense join the rush. Defenders play a tight gap and communicate. No whistles are needed.

### Description:

1. Defense leave from one side and forwards from the other side in the neutral zone.
2. Coaches pass new pucks in when the rush is finished.
3. Start with a 1-1 and F1 attack vs. D1 and F2-D2 follow the rush.
4. Coach pass to F2 and F1-F2-D1 attack 3-1 vs. D2.
5. F3-D3-D4 follow the rush.
6. Coach pass to F3 and F1-F2-F3 attack 4-1 vs. D3-D4.
7. This drill can be done as a one puck transition game with the same flow but D and F's join the next rush.

*\* Transition games are the natural progression for situation drills. Transition games use one puck and the defender must make a breakout pass. The attackers must also battle for loose pucks and finish the attack.*

*\* To work on the forecheck and breakout a dump in can be added.*

*\* Add intensity by keeping score and reds play vs. the whites.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170405114656466>

<https://youtu.be/-pBRnM1trCU>

