

T4 - Low Defensive Zone 1-2 x 2, 3-3 – Pro

Key Points:

Low forward support from the defensive side. On low 3-3 man to man from the defensive side. First defender tight on attacker. Second defender a stick length away. Third defender halfway. Defenders communicate who they are covering and any switches. Attackers battle to gain net side and create 2-1's.

Description:

1. Coach pass to F1 in corner.
2. D1 and low forward check F1.
3. Defenders regain the puck and pass to the coach.
4. Coach pass to F2 in the other corner.
5. Low forward skate to support D2.
6. Regain the puck and pass to the coach.
7. Coach now pass to F3 who attacks 3-3 with F1-F2.
8. D1-D2-D3 defend the low 3-3.

** This drill can be done at one end or both ends.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170406095919914>

<https://youtu.be/WQbB73r5f1I>

