

T4 - Low 3-2 - 3-2 Rush - 5-5 - Pro

Key Points:

Everyone must cover one player in the defensive zone in man to man zone coverage. Low three, closest on the puck, second closest within a stick length and third half way. F1-F2 sag to cover the point. Weak side F has net coverage on a swarm.

Description:

1. Start with a low 3-2, F1-F2-F3 vs. D1-D2.
2. Whistle and F4-F5-F6 attack D4-D5 from the top of the circle.
3. D1 or D2 join the rush as the trailer.
4. F3 back pressure the puck carrier and F1-F2 backtrack into the low slot.
5. F3 pick up the wide attacker on a middle lane drive.
6. Play 5-5.
7. Swarm if an attacker is facing the boards.
8. If the defense clears the puck do a second 5-5.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=20170410095212837>

https://youtu.be/iG_d5DUMtjk

