

T3-C6 - Low 1-1 to 2-1 to 2-2 Battle – Pro

Key Points:

Defend from the net side. Stick on the puck and body on body. Offense screen, pick and create 2-1's. Defense communicate and switch if needed.

Description:

1. Players start from the top of the circle and coach shoot in puck, R1 attack vs. B1.
2. After about 5" R2 make it a 2-1.
3. Play about 5" and B2 join making it a low 2-2.
4. Next rep the Blue attack and the Red, 1-1, 2-1, 2-2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170412100848314>

<https://youtu.be/NoKCim3-cOY>

