

T2-4 - Low 3-2 - 5-5 Rush - 5-5 – Pro

Key Points:

This is an effective way to do walk through's of both offensive and defensive team play. You could do situations 3-3 to 5-5. An option is to have one forward low and defend 3-3 and make a breakout pass to the two other forwards, this would get either that F or the D as the third man on the rush. Attack with a middle lane drive and the fourth attacker as the trailer in a diamond.

Description:

Start at one end with the resting players waiting along the boards and the active players in position.

1. Start with a low 3-2 while the defending team forwards wait to attack 3-2 the other way.
2. Start the new 3-2 on the whistle.
3. One D join the rush as the trailer.
4. Defending forwards backtrack and F1 play the low 3-3, F2 back to the mid-slot, F3 cover the strong side point.
5. Play 5-5 until the attack is finished.
6. Coach spot a new puck and play a second 5-5.

*Coach instruct on either the offensive or team play.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=20170430105658334>

<https://youtu.be/iLA5yX5JmdY>

