

T4 – Defensive Zone Face-off Win 5-5 - Czech U20

Key Points:

Everyone has both an offensive and defensive role on a face-off. Players must read who wins the loose puck and go onto offense or defense. This drill is for a strong side breakout option.

Description:

Strong side option on a face-off win in the defensive zone on the right side. Set up a 5-5 face-off in the defensive zone. Extra players watch outside the blue line.

Description is for the face-off on the right side.

1. Right D go back for the puck and tight turn up the boards.
2. Right wing get to the boards for the pass.
3. Centre support from below the play.
4. Left D go below the goal line as a pass option.
5. Right wing be a middle option and cut across for any dump out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170519095040983>

<https://youtu.be/nqUalffypVc>

