

DT100 - 2-2 Offensive Point Support - U18 F

Key Points:

Face the players when explaining the drill and hold the white board in your hand instead of talking to the glass. In transition games the new players can be either passive or active. Learn the flow of the game by first giving passive support. Forwards and defense play the point so everyone learns how to defend a full ice attack. Making the point players active works on point shots, boxing out, screen, tip, etc. Having only two colours works well when doing a lot of game situations. Leave from the red line on each side.

Description:

1. Full ice 2 on 2 and the offense gets support from two players at the point.
2. Start with a 2-2 attack and the two reds attack two blue defenders.
3. Two reds follow from the red line and give passive point support.
4. Play a low 2-2. Shoot in pucks that come to the blue line.
5. On a goal, frozen puck or clean breakout the blue attack vs. the reds at the point.
6. After one rep each switch to having the point active limited to going as far as the top of the circle.
7. Point players can now pass or shoot. If puck is just dumped out in neutral zone then regroup.
8. Play this transition game 1-1 to 3-3 or send out from 1 to 3 and the players must read the new situation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170527092859257>

<https://youtu.be/bKXMczzdoxs> or One Drive <https://1drv.ms/v/s!AukXg5gWoW-932gfsvyy8siRKN36>

