

C3 - 2-1 C3 - 2-1 With Two Backcheckers – Pro

Key Points:

Backcheckers must communicate with the defenseman who to cover, then get open for a breakout pass on the whistle.

Description:

1. Coach pass behind the net to D1.
2. D1 make a breakout pass to F1 or F2 and follow the rush.
3. F1-F2 attack 2-1 vs. D2.
4. F3-F4 backcheck from the far blue line.
5. On whistle Coach 2 pass to D3.
6. D3 make a breakout pass to F3-F4 who attack vs. D3.
7. Continue the flow one end to the other.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150521111957177>

<https://youtu.be/XwJus4c5pmU>

