

T2-C3 - 1-1, 3-1, 4-2 – Pro

Key Points:

D defend the rush and then join the next attack up the ice. Attack with speed.

Description:

1. F1 get a pass from the coach and attack vs. D1.
2. D2 follow the play to the point.
3. F2 follow the rush and get a new puck from the coach.
4. F1-F2-D1 attack 3-1 vs. D2.
5. D3-D4 follow the rush to the point.
6. F3 enter the zone and get a pass from the coach.
7. F1-F2-F3-D2 attack 4-2 vs. D3-D4.
8. F4 and D5 follow the rush.
9. F4 get a pass from the coach and attack 1-1 vs. D5.
10. Continue the sequence of 1-1, 3-1, 4-2.

**The next progression is to turn this into a Transition Game starting with a 1-1, D2-F2 follow the play. D1 make a breakout pass to F2 and F1-D1 join the rush 3-1 vs. D2, F3-D3-D4 follow. D2 make a breakout pass to F3 and join the attack with F1-F2-F3 vs. D3-D4.*

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