

B600 - 2F RG 1D - 3-0 Middle Drive with D – Pro

Key Points:

Hard passes and defenseman jump into the rush as the third man on the middle lane drive. Pass and shoot on the forehand when possible.

Description:

1. F2 pass up to D1 at the far blue line.
2. F1 skate into the middle lane and F2 support from the wide lane.
3. D1 skate between dots and pass wide to F2.
4. F1 drive to the net in the middle lane.
5. D1 join the rush in the wide lane.
6. F2 pass across to D1 who shoots.
7. All three crash the net for a rebound.
8. F3-F4-D2 repeat the other way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170926122448127>

<https://youtu.be/SbV4yIcLdmA>

