

T2-4 - Continuous Three Team Game - Passive Resistance – Pro

Key Points:

Practice offensive and defensive team play with passive resistance where players practice positioning in both situations. You can also play this as a live scrimmage and use the same rotation for PP and PK. To work on PK have either 3 or 4 players waiting in the neutral zone.

Description:

1. Start with a dump in and 5-0 breakout.
2. Defending team wait in the neutral zone and go back to breakout on the dump-in.
3. Offensive team forecheck with a wide 1-2-2 and a 2-1-2 when F1 creates pressure.
4. Use various breakout options as; boards, reverse, quick to C, C touch back to Wing, etc.
5. Three forwards and two defensemen wait in the neutral zone when the puck enters each end.
6. The new players go back for the dump-in and breakout.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171003160114595>

https://youtu.be/jli_o4eSyMc

