

T2-4 - D400 - 6 on 5 – Pro

Key Points:

Outnumber the defenders to win loose pucks. Take away rims with a high triangle at the top, one player on each side and one in the middle. Screen and take away goalies eyes whenever a shot is possible. Reset the attack by putting the puck behind the net and moving it low to high. Set up a 1-3-2 diamond when the puck gets to the middle point. When the puck is at the half wall one attacker support on the strong side goal line. The key is to produce rebounds and outnumber the defenders in the slot.

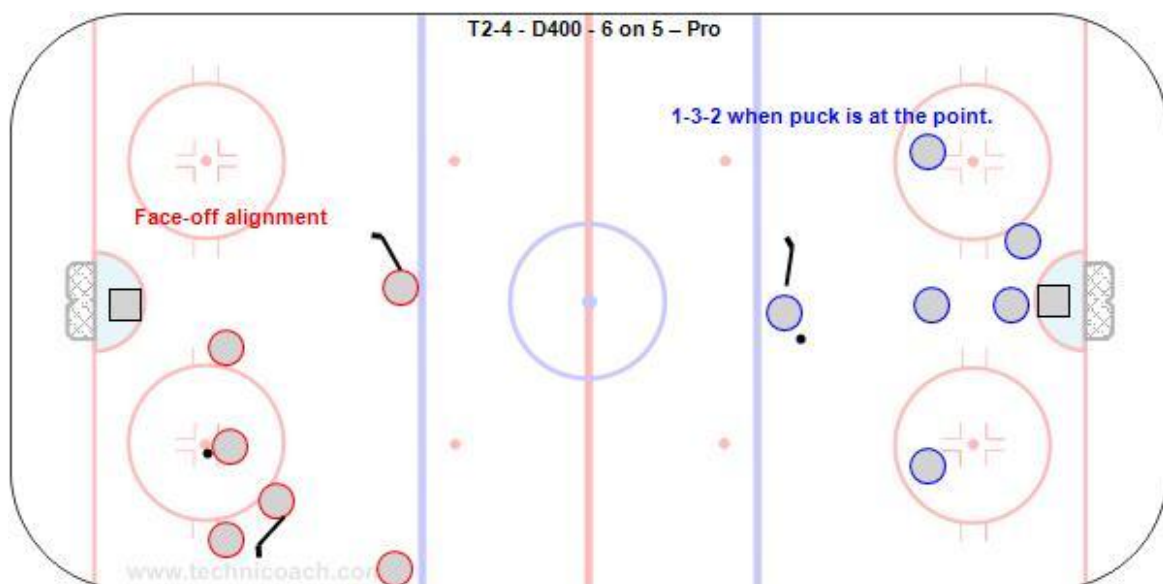
Description:

1. Start with a face-off and the extra forward higher along the boards on the strong side.
2. Defenders line up like 5-5 with D along the boards.
3. Allow the offense to win the draw.
4. Move into the diamond power play 1-3-2 when the puck gets to the midpoint.
5. Defend from the net out with a diamond and the closest player challenge the puck carrier.
6. Defenders do not get tied up with the player in front but defend in a diamond.
7. Defend with sticks in passing lanes and shin pads in front of the shot.
8. Puck on wall the strong side D be a stick length from low attacker on the goal line.
9. Quick play is pass to goal line to attacker in the mid slot for a shot.

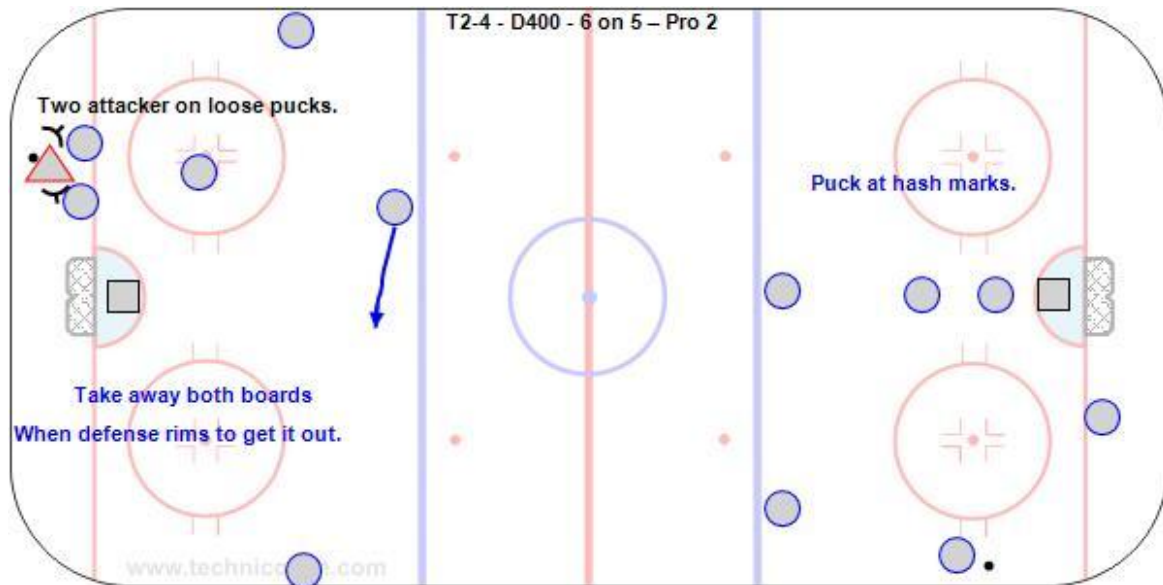
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171023180614757>

<https://youtu.be/tZsUTXPmiH8>

Offense: Face-off and set up in 1-3-2



Two players fight for all loose pucks and setting up at the half wall.



Defense:

Use a diamond to defend when the puck is at the mid-point.

Pressure the puck at the half wall and defend from the net out with sticks in passing lanes.

