

T3 - 2-2 Back Skate - No X-overs - Wally Kozak - U18 F

Key Points:

Stride backward with no cross overs at the start. Close the gap on a regroup. Use front to back arm action to help accelerate. Sit tall, head up, ride a horse

Description:

1. Forwards in the corners and defense in the middle at one end.
2. 2 on 2 rush with the defense striding only skating backwards.
3. Forwards focus on speed and take a shot from the outside.
4. Forward start from the goal line and defense from the dot.
5. Come back through the middle lane.
6. Defense skate back between the dots and protect the middle.
7. All defense backward stride and focus on the north-south arm action.
8. On whistle forwards regroup and defense keep a tight gap protecting the middle.

https://youtu.be/QBaiK_zYayc

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180217105942686>

