

C2 - Reijo 1-1, 2-2 – Pro

Key Points:

Attack with speed and fight to get on the offensive side of the defender and go to the net. Follow the shot for a rebound and play the loose puck if it is between the dots. Defend with a tight gap and stay between the attacker and goal.

Description:

1. Players line up along the boards in the neutral zone each colour on one side of red stripe.
2. Red 1 and White 1 leave from the front of the line, Red 1 has a puck.
3. Both players skate to the blue line and turn toward the middle.
4. Red 1 attack while White 1 skates forward to close the gap then defends skating backwards.
5. Red 2 now defend against White 2 in the other direction.
6. This can be done 1-1, 1-2, 2-2, 2-3, 3-2, 3-3.
7. Allow the previous group to play out any loose puck before attacking that end.

<https://youtu.be/PnBfqvdVy84>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20190410002423125>

