

C202 - 1-1, 2-1, 2-2, 3-2, 3-3 – Pro

Key Points:

Start with a 1-1 but many situations are possible. Everyone practices attacking and defending.

Description:

1. Players line up along the boards on one side and leave from the red line.
2. First blue is the attacker and then red.
3. Both players skate back to their blue line and then skate toward the red line.
4. Attacker can carry the puck or bounce it off the boards.
5. Defender close the gap and skate back if attack is down the middle.
6. Angle from inside if the attacker goes wide.
7. Vary the number of attackers and defenders.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019111517290924>

<https://youtu.be/kP35VIBpSwA>

