

T2 - 5-0 Low to High Sequence - 4 Shots – Pro

Key Points:

Low to the point and high cycle attack options. Players move and shoot with one timer. Always cycle high between the top of the circle and point. Screen after shooting. Players take turns making the pass to the point. Simulate a turnover from a coach in the corner.

Description:

1. Defense at the point and forwards leave from one corner then switch sides.
2. Shot one F1 pass up to the point and follow with high cycle, D1 shoot.
3. Shot two, F1 pass to D1, across wide to D2 diagonal pass to F1 who shoots.
4. Shot three, other corner, F1-D1-D2 to F2 on the goal line to F1 who shoots.
5. Shot four, F1-D1-D2-F2 low, D switch sides, F2-D1-D2 one timer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019112921355911>

<https://youtu.be/iqfANY9ZLY8>

