

T2-4 - Low 2-2 x 2 – Pro

Key Points:

Defenders identify who they cover and get to the defensive side as soon as possible. Box out and tie up sticks on rebounds.

Description:

1. Players are in the corner at each end.
2. F1 pass to F2.
3. D1 is on the defensive side to defend a 2-1.
4. D2 is behind the play on the boards.
5. D2 skate hard to cover one attacker.
6. Play the 2-2 until the puck is out of play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191212032128900>

<https://youtu.be/XnVWd4uXWrE>

