

T2-4 – D4 – 1-1 – 2-2 – 3-3 Coverage and Attack – Pro

Key Points:

On defense play man on man with the guideline closest right on the puck carrier, second within a stick length, third closes half way. On offense try to win the 1-1 and create 2-1's with scissors and give and go passes and move puck behind to the other side. Rotate so F3 mirrors the puck ready to shoot. In this video only the F take turns on the attack but in Total 1-2-3-4-5 hockey everyone should attack and defend. Everyone must communicate. Defensive skating, stick on stick and sticks in passing lanes are the focus. Maintain D side with toe caps facing the attacker.

Description:

1. Everyone is at one end of the ice.
2. Three forwards are spread around and one F and two D are ready to defend.
3. Coach pass to one of the attackers and he tries to score 1-1.
4. Whistle after about 5-8" and the coach pass to another F and now it is a 2-2.
5. Whistle and the coach pass to the third forward and they play 3-3.
6. Next group of 3 attackers and 3 defenders spread out in the zone.
7. Do this sequence until every forward has had a turn defending.

** For safety pass the puck to the coach on the whistle or pass it out of the zone, stepping on loose pucks causes a lot of unneeded injuries.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20200405164639976>

<https://youtu.be/8BclDw3ikps>

