

B6 3-0 Rush and Entry Options – Pro

Key Points:

Middle drive with F2 driving hard to the net. Practice the various entries and players attack in their lanes.

Description:

1. Leave from the end in groups of three.
2. Coach give resistance at the blue line.
3. First wing pass to middle to far wing who shoots while F2 goes hard to the net.
4. If players mess up they repeat the drill.
5. Shoot to the far pad for a rebound.
6. Wing to middle to far wing who skates to the big ice and the centre takes the ice behind for a wide pass.
7. Far wing drive to the net and new middle lane player trail.
8. F1 pass to F2 in the middle who passes to F3 on the wing; F3 skates to the big ice and pass wide to the F1 breaking down the wide wing.
9. F2 middle drive hard to the net and F3 become the trailer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141118114448857>

<https://youtu.be/SkCmFkedy3k>

