

C3 - 2-1 Continuous – Prospects

Key Points:

Defense skate between the dots. Make a hard breakout pass. Slide if attacker has only one option. Forwards attack with speed and make the first play early. Crash the net for rebounds.

Description:

1. On whistle D1 get puck behind net, skate to Big Ice and Pass to either F1 or F2.
2. F1-F2 attack 2-1 vs. D2.
3. Coach give a definite time like 10" for the attack then blow the whistle.
4. D2 get a puck from behind the net and pass to either F3 or F4.
5. F3-F4 attack 2-2 vs. D3.

**Continue this flow.*

**Game situations up to a 3-2 can be practiced with this drill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706171356963>

<https://youtu.be/YTTZuwJJ94M>

