

DT 100 Swedish Transition 1-1 - Youth

Key Points:

Players lined up in the neutral zone give passive support.

Practice making good moves to beat the defender. Defender stay on the defensive side all of the time.

Description:

A. #1 offensive player attack vs #1 defensive player.

B. After a goal or on a turnover # 2 from each team support in the neutral zone.

C. Defender pass to teammate and #2 attack other way.

D. #3 from each team support.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100418084335301>

<https://youtu.be/42Zslg0kYgs>

