

## DT100- Continuous 2-1 with D Join Attack and F Backcheck - U18 F

### Key Points:

This is a continuous 2-1 transition game using only one puck and no whistles. It practices situations in the nzone, teaches players who to cover in the dzone and how to support the attack.

Forwards enter the zone to support the defense and then attack and backcheck.

Defense support from the point, defend and then join the attack.

Coach can vary the number of F or D to create different situations in each zone.

### Description:

1. Red F1 and F2 attack 2-1 vs blue D1.
2. Blue F1-F2 support D1, Red D1 support F1 and F2.
3. Play 3 on 3
4. On Transition Blue F1-F2 attack Red D1.
5. Red F1-F2 Backcheck and Blue D1 join the rush.
6. Blue D2 and Red F3-F4 support when puck enters the zone.
7. Play 4 on 5 and continue flow.

<https://youtu.be/09IHPvGvgYY>

