

C3, Low 2-2 F from Corner - RB Pro

Key Points:

Forwards must attack on the whistle with speed and protect the puck. Defenders must play from the net side and communicate. Play about 5-10 seconds.

Description:

Practice the offensive and defensive skills of a 2-2 with the forwards wide and starting from deep in the corners and attacking from below the goal line. The D has to communicate while seeing the puck and their man. Forwards protect the puck, cross and fight for rebounds.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090903073942333>

C6 - 2 on 2 from Below Goal Line - RB Pro

https://youtu.be/aRrj_8l5umk

