

DT400 Low 3-3 – Pro

Key Points:

Cover one player each from the defensive side. Defend from the net side. Seal sticks to the outside when defending in front. One attacker screen, one shot pass and one get into a one timer position when the puck is at the point. Cycle and create offensive 2-1's. Pass and get open.

Description:

1. Play 3 on 3 below the circles.
2. Transition to offense by passing to the coach above the circles.
3. Play man to man defense.
4. The coach can pass or shoot.
5. Attackers get open, screen, set picks, cycle to score.
6. Extra players wait near the blueline and rotate in on their own.

** Modified rules can be used to focus on individual skills or team play concepts.*

** No one check the Joker at the point but cover one player each.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150102233827366>

<https://youtu.be/km0d2MvAobo>

