

C3 - 2-2-Point Shot-2-2 – Pro

Key Points:

Forwards isolate a wide D and attack him 2-1. Defense switch if Forwards cross near the blue line and stay with their man if they cross inside the zone. Forwards fight to keep their sticks free and defense tie up sticks so they can't tip shots.

Description:

1. Players line up on each side along the boards in the neutral zone.
2. Coach pass to D1 to D2 who takes a shot from the point.
3. F1-F2 circle in from the neutral zone and attack 2-2 vs. D1-D1.
4. D3-D4 follow the play.
5. On the whistle F1-F2 screen and D1-D2 battle to box out and seal their sticks to the outside.
6. Coach pass to D3 to D4 who shoots.
7. F3-F4 now circle in and attack D3-D4 in the other direction.
8. Continue this sequence.

**This drill can be done from 1 to 3 forwards an one or two defensemen.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151105100215277>

<https://youtu.be/l04-zlMECVg>

