

## T2 - B5 - 5-5 BO -5-0 Shot-High Cycle F-D1-F-D2 Back Door – Pro

### Key Points:

Skate while passing and make firm passes. Shoot while skating and follow the shot. Stop at the net after the original attack.

### Description:

1. Start with a 5-0 attack.
2. F1-F2 cycle once then F2 pass up to the point and follow the pass.
3. Pass D1 to D2.
4. D2 pass back door to F2 who shoots.
5. Repeat in the other corner F1 cycle to F3 to D2 to D1 and backdoor to F3.
6. Five new players come out from the box and wait in the neutral zone.
7. Original five attack 5-5 vs. new group.
8. New group of five breakout 5-0 and repeat the sequence.
9. Cycle D to D back door to F from one corner and then the other.
10. Dump-in 5-5 forecheck - 5-0 repeat.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150911103832442>

<https://youtu.be/DfFE3Qrwyys>

