

T2 - DT100 - 5-1 with BC to 5-2 - RB Pro

Key Points:

Always four on the rush. Pinch on both sides and D slide over to fill for pinching D. Fill the low lanes on the breakout, one F stretch long and one F middle support.

Description:

1. Start with the forward in the neutral zone regroup with the D.
2. Attack 5-1 vs. 1 D back and 1D backchecking for a 5-2 in the zone.
3. Play 5-2 pinching on both sides and 4 up on the attack.
4. Next attackers wait in the neutral zone.
5. Attack vs. the D who were just on offense, on is back and one backchecks.
6. Fill 3 low lanes on the breakout, one F stretch and one F mirror the puck in the middle.
7. Attack looks like a 2-2-1 and the D be part of the cycle on their side.
8. Attack with a middle drive and a 4th man as the trailer (looks like a diamond).
9. To use this forecheck you must be able to count to 5 and read 4 in front of you stay back.
10. Always be looking for opportunities to be a weak side one timer option.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150627095528987>

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<https://youtu.be/Pm67GKkKV04>

