

T2-4 - D400 - 5-4 - Russian U20

Key Points:

Offense keep moving and spreading the defense. Defenders skate straight lines, active sticks, closest player pressure the puck and play from the defensive side.

Description:

- Rotate from the overload into a diamond.
- Keep the puck moving to create seams in the defense.
- Spread the defense by moving the puck high-low-across.
- Weak side F has the mid-slot attacker.
- Defenders jump and pressure right away with the sticks in the passing lane.
- Play with a shot mentality always looking for shooting lanes.
- D switch sides when net front D pressures low then up the boards.
- Defenders skate straight lines, stop and start, don't finish checks, D side with stick on the puck.
- Closest defender get into the shooting lane.
- Defender take away the back door play and take the stick.
- Box out on both offense and defense.
- Closest defender pressure.
- Attackers use the mid-slot player as a pass option and pass from low to across the mid-line for one timers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819081217801>

<https://youtu.be/WASWO1FYlgw>

