

T2 - Diamond and Spread PP Below Goal Line - Russian U20

Key Points:

Start with the overload and rotate into the low spread and diamond.

Description:

1. Set up 5-4 at one end.
2. Start with an overload at the hash mark.
3. Pass to the low player who sets up the diamond from behind the net.
4. Set up one timer shots and back door plays from behind the net.
5. Practice the 2-1-2 spread with one player on each side below the goal line.
6. Keep the puck moving from low to high and use the player in the middle to pass or shoot.
7. Rotate between one and two players below the goal line.

There are only glimpses of the Russians setting up below the goal line in this clip but in an ex-game vs. Canada U20 they used the low Diamond and Spread and got a goal on a one timer shot from the dot with a pass from below the line. The benefit of setting up below the goal line is that it is very hard for the defenders to see both the puck and the player they are covering who can slide into seams for a shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818224123859>

<https://youtu.be/Pc5ekJjijSo>

