

B4-B6 - RG - 3-0 - 2F-1D - U17

Key Points:

Attack with speed with a middle drive. Only make one pass in the offensive zone. All three crash the net for rebounds. Practice one timers, one touch shots and a pass off the pads. Make good firm flat passes.

Description:

1. D start in the middle and F in diagonal corners.
2. F1 leave and exchange passes with D1 skating backward from the blue line.
3. F2 leaves down the wing from the far end.
4. D1 pass to F2 breaking down the boards.
5. F1 skate around the circle and create a 2-1 vs. coach with F2.
6. D1 skate below the circle and join the attack on the wide wing.
7. Pursue the first rebound and try to score.
8. Repeat the other way with F3-D2-F4.

Options:

* D1 could play a 3-1 vs. F5-F6-D3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151005091639448>

<https://youtu.be/HmE06dgWj7Q>

