

T2-4 - D400 - 5-5 Attack-Defend - Czech U20

Key Points:

Everyone has zone and man on man responsibility. First defender tight coverage, second within a stick length, third half way, fourth and fifth on the defensive side with the stick in the passing lane and a man-you-puck triangle with the head on a swivel.

Description:

1. 5-5 in one zone and start at the half wall with the puck.
2. Offense overload with 3 players, 2 low and one in the high slot and 2 at the point.
3. First defender tight coverage, second within a stick length, third half way.
4. 4th and 5th defend from the defensive side-stick in the passing lane and man-you-puck triangle with head on a swivel.
5. Attacking defenseman always look for back door opportunities.
6. If the low forward is closer he covers the attacker on the half wall.
7. Defend from the defensive side with stick on the puck and sticks in the passing lanes.
8. Attack with a triangle and F3 ready to shoot, rotate or cover for a pinching D.

** Option is to have the defenders sticks upside down to emphasis play from the defensive side.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819081218359>

<https://youtu.be/poCLSh0f0as>

